Vegetables Vol.1

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THERE'S AN ART TO ARTICHOKES

TOM YEE

The artichoke is the most elegant of vegetables, and one of the most versatile. You can serve it hot or cold, as an appetizer, salad, or vegetable. Stuffed or sauced, it's a delicious main dish. (Above, artichoke with creamy mushroom filling, topped with Parmesan cheese, is served as an entrée on its own special plate, which has indentations for discarded leaves.) Fresh artichokes are available all year round, but the peak months are April and May. Choose firm, compact heads. Artichokes come in three sizes—small, medium, and large. For eating as finger food, leaf by leaf, any size will do. Small artichokes are right for stews or for pickling; use the medium size for salads, and stuff the giant size for a main course. Fresh artichokes should be stored in a plastic bag or closed container in the refrigerator to prevent drying. Properly stored, they'll keep for many days.

The basic directions for cooking artichokes are quite simple: Wash artichokes, cut off stems at base, and remove small bottom leaves. Cut off about an inch from the top of each artichoke, then trim the tip of each leaf, cutting straight across. Soak artichokes in salted ice water a few minutes to help retain color / *turn to page 172*

RTICHOKE AND WILD MUSHROOM STIR-FRY

3 medium California artichokes
1 cup sliced wild mushrooms
1/2 cup chopped onion
1 clove garlic, minced
2 tablespoons olive oil
3 tablespoons *each* dry white wine* and chicken broth
2 tablespoons chopped fresh basil
Salt and pepper to taste

Bend back outer petals of artichokes until they snap off easily near base. Edible portion of petals should remain on artichoke hearts. Continue to snap off and discard thick petals until central core of pale green petals is reached. Cut off stems and top 2 inches of artichokes; discard. Trim outer dark green layer from artichoke bottoms. Cut artichokes into quarters lengthwise. Cut out center petals and fuzzy centers. Slice 1/2-inch thick lengthwise. Dip or rub all surfaces with lemon juice. Saute artichokes, mushrooms, onion and garlic in olive oil 3 minutes. Stir in wine, chicken broth and basil; salt and pepper to taste. Cook about 10 minutes or until artichoke is tender. Makes 4 servings.

*Water can be substituted for dry white wine.

Preparation Time: About 1/2 hour

The Lakeville Journal Nov. 5, 1992

THERE'S AN ART TO ARTICHOKES

continued from page 82

during cooking. Stand artichokes upright in a deep saucepan. Add 2 to 3 inches boiling water, then ¼ teaspoon salt per artichoke. A few drops salad oil and dash lemon juice in the water helps prevent darkening. Cover, and boil gently 30 to 40 minutes, or until base can be pierced easily with a fork. Remove artichokes, using kitchen tongs, and set upside down on paper towels to drain. If artichokes are to be stuffed, gently spread leaves, and remove choke (the thistlelike part) from artichoke center with a spoon.

To eat artichokes, pick off the leaves, one by one, with your fingers, dip the bottom end of each leaf into hollandaise sauce (*see page 136*) or melted butter with a dash of lemon juice. Eat just the fleshy part, and discard the rest of the leaf. Eat the purple-tipped white cone in the center in the same manner as the leaves. Cut out the choke, or fuzzy portion, and discard. Beneath it is the heart, the choice morsel. Eat this with a fork.

If the artichoke is stuffed, eat filling with a fork or spoon; eat the leaves with fingers. Or, the leaves can be dipped into the filling, depending on its consistency. Here, the recipe for the MUSHROOM-STUFFED ARTICHOKES (shown in photograph on page 82). To serve four: Cook 4 large artichokes according to preceding directions. While they're cooking, melt in a saucepan, 4 tablespoons butter or margarine; add 2 tablespoons lemon juice and 10 medium mushrooms, sliced. Cook until mushrooms are tender, stirring frequently; reserve a few slices of mushrooms for garnish. Stir in 4 tablespoons flour, 1½ teaspoons salt, ¼ teaspoon pepper, and 2 tablespoons chopped parsley. Gradually stir in 1 cup milk and 2 cups heavy cream, blending until smooth. Cook, stirring constantly, until sauce thickens. Drain artichokes, and remove chokes. Pour sauce into cooked artichokes and sprinkle with grated Parmesan cheese. Top with a mushroom slice and a little chopped parsley. (For another delicious artichoke recipe, Artichokes Condamine, see page 99.) ■

Thistle grab you: a story about those artichokes

Food Column
By JAMES BEARD

ONE OF THE MOST decorative of all vegetables is the globe or conical-headed artichoke, commonly known as the French or Italian artichoke. If you drive through the Salinas Valley in Califonia, where the great artichoke ranches are, you'll be enchanted by the acres and acres of lovely, stately green buds on their long stems, swaying gently in the breeze.

Artichokes belong to the thistle family (they are its most aristocratic connection) and if you look at them closely, those sharp-pointed leaves do have a thistle-like quality. What we eat is the bud which, if allowed to grow beyond a certain stage, bursts forth with an enormous purple flower that is almost vulgar in its showiness.

I find there are people who have never tried artichokes and tend to look askance at them. This globular clump of spiky green leaves is rather forbidding, and the uninitiated may well wonder what to do with it, but when you pull off the cooked leaves and scrape the tender pulp from the base with your teeth, you will feel that you have achieved something quite remarkable.

The only parts of the artichoke that are eaten are those at the base of the fleshy leaf scales (or calyx, if you want to be technical) and the fond, or bottom. The inner, bristly section, known as the "choke," is removed and discarded. If you wish to serve the cooked artichoke with a stuffing, you must carefully remove the tight little core of pale yellowish-green leaves and scrape out the choke with a spoon. Then fill the cavity with your stuffing, or a sauce. Pull off and eat the outer leaves, down to the fond, the most delicious part of all.

Artichokes vary in size from tiny ones about two inches long and 1½ to two inches in diameter to enormous globes as much as five or six inches in girth. In the south of France and other parts of that country where people love raw vegetables as a first course, baby artichokes are often served along with other raw vegetables. Crisp and delicious, they may be dipped into a vinaigrette or other pungent sause. The little bottoms, cleaned of the choke, are especially crunchy, with a stingingly different flavor, as different from cooked artichokes as day is from night. Try tiny artichokes this way, and you'll see.

To prepare artichokes for cooking, trim off the course outer leaves and cut off the stem at the base so the artichoke will sit comfortably on its bottom. Trim off the spiky tips, slicing the artichoke straight across, 1½ to two inches from the top, with a sharp knife. I wash artichokes well under running water and soak them for half an hour in water acidulated with a little vinegar or lemon juice to clear out sand and anything else that may be lurking inside the leaves (it also stops the cut surfaces discoloring).

Place the artichokes (one per person) upright in a deep kettle. Add 1 tablespoon salt for each two artichokes, two lemon slices and, if you like, two or three unpeeled garlic cloves. Pour in just enough boiling water so the artichokes are floating in it, cover and cook only until you can easily pull out one of the large outer leaves — don't let them get mushy. Test it between your teeth to see if the flesh is soft enough. Remove the artichokes with tongs and drain upside down on paper towels, giving them a little squeeze.

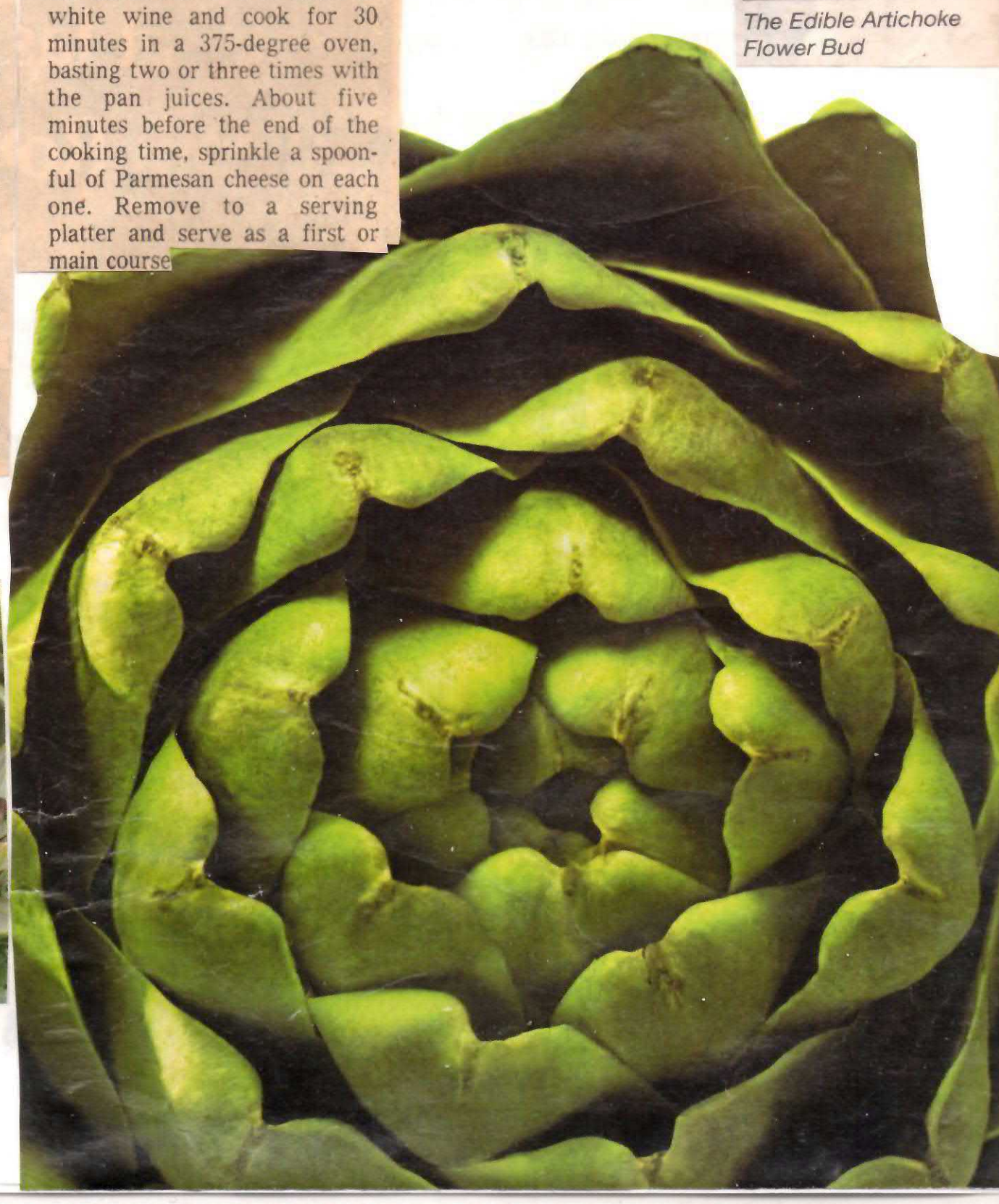
They are now ready to serve, but it's nicer if you pull the leaves apart gently at the center, pull out the pale immature center leaves and scrape out the fuzzy choke with a small, sharp spoon. Serve hot with hollandaise, melted butter or lemon butter, or cold with vinaigrette sauce or mayonnaise. Or fill the center with seafood or vegetable salad and pass additional dressing.

Stuffed Baked Artichokes make a pleasant main course for lunch or a light supper, or a first course at dinner. Allow one per person.

Trim and cook the artichokes as before and drain well. Saute two finely chopped garlic cloves in six tablespoons olive oil for a few minutes. Add ½ cup finely chopped mushrooms, ½ cup chopped ham, 1 cup dried bread crumbs, ½ teaspoon salt, ½ teaspoon freshly ground black pepper, ¼ teaspoon thyme, ¼ teaspoon oregano, and cook together until well blended. Remove inner leaves and choke from the artichokes, put some of the stuffing in the cavity and spoon the rest between the leaves. Tie the artichokes securely about the middle with string, sprinkle with olive oil, place in an oblong baking dish, add about one inch of broth or white wine and cook for 30 minutes in a 375-degree oven, basting two or three times with the pan juices. About five minutes before the end of the cooking time, sprinkle a spoonful of Parmesan cheese on each one. Remove to a serving platter and serve as a first or main course

Have you discovered artichoke hearts?

The Edible Artichoke Flower Bud



A sheltered harbor from the storm
a sunlit path both safe and warm,
No matter where you choose to roam
the Light of Peace will lead you home.

Cassata, above, the ricotta-filled cake of Sicily, rich with coffee-chocolate icing.

Hearty bean-and-macaroni soup and crisp, deep-fried cenci, left, from Florence.

STUFFED — ARTICHOKES → OVER

Polenta dumplings, above, from Milan, baked with mushrooms and cheese.

Stuffed artichokes, at right, a delicious cold appetizer served in Venice.

Pg 179

continued

GENOA

GNOCCHI VERDE
(Spinach Dumplings)
(pictured, page 175)

¼ cup butter or margarine
1½ cups chopped spinach, drained well on paper towels
1 cup ricotta cheese
2 eggs
⅓ cup unsifted all-purpose flour
Grated Parmesan cheese
Salt
¼ teaspoon pepper
¼ teaspoon nutmeg
Melted butter or margarine

1. In ¼ cup hot butter in large skillet, cook spinach, stirring, just enough to dry out. Add ricotta cheese; cook, stirring, several minutes, or until well blended.

2. In medium bowl, beat eggs slightly; beat in flour until smooth. Add ¼ cup Parmesan cheese, ¼ teaspoon salt, the pepper and nutmeg; mix well. Stir in spinach-cheese mixture; mix well. Refrigerate until firm—several hours.

3. In large Dutch oven or kettle, bring 4 quarts water to boiling; add 1 tablespoon salt.

4. Form dumplings: With floured hands, carefully shape chilled mixture into balls, 1½ inches wide. Drop into gently boiling water, about one third at a time. Simmer 5 minutes, or until gnocchi rise to top of water. Lift out with slotted spoon; drain on paper towels.

5. Continue shaping and cooking until all are cooked. Arrange gnocchi in a single layer in a greased shallow heatproof dish (about 12 by 8 inches). Sprinkle with 2 to 3 tablespoons melted butter, then with ⅓ cup grated Parmesan cheese.

6. Broil, about 4 inches from heat, until heated through and golden-brown —3 to 5 minutes.

Makes 28 gnocchi, 6 to 7 servings.

PANDOLCE
(pictured, page 175)

1¾ cups milk
¾ cup sugar
1 teaspoon salt
½ cup butter or regular margarine
½ cup warm water (105 to 115F)
2 pkg active dry yeast
¼ cup orange-flower water
7 cups unsifted all-purpose flour
1½ cups raisins
3 tablespoons Marsala or sherry
⅓ cup pine nuts
½ cup pistachio nuts
2 teaspoons crushed (see Note) fennel seed
1 teaspoon crushed (see Note) aniseed
⅓ cup chopped candied lemon peel
⅓ cup chopped candied citron
3 tablespoons grated orange peel
2 tablespoons butter or margarine, melted

1. In small saucepan, beat milk just until bubbles form around edge of pan. Remove from heat. Add sugar, salt and butter, stirring until butter is melted and sugar dissolved. Cool to lukewarm (a drop sprinkled on wrist will not feel warm).

2. If possible, check temperature of water with thermometer. Sprinkle yeast over warm water in large bowl, stirring until dissolved. Stir in milk mixture and orange-flower water.

3. Add 4 cups flour; beat with wooden spoon until smooth—2 minutes. Gradually add remaining flour, working with hands until dough is stiff enough to leave side of bowl.

4. Turn dough out on a lightly floured board; knead with hands 5 minutes. The dough should be elastic and smooth. Rinse, dry and grease the bowl. Shape the dough into a ball, and return to bowl. Cover with waxed paper, then with dish towel; set aside in a warm place, free from drafts, 1 to 1½ hours, or until the dough has doubled in bulk.

5. Meanwhile, in small bowl, soak raisins in Marsala about 1 hour.

6. Turn dough out on lightly floured surface. Using fingers, push out dough until it forms a 14-inch square about ½ inch thick. Sprinkle surface with raisins, nuts, fennel seed, aniseed, lemon peel, citron and orange peel. Roll up dough, jelly-roll style. Push into a square again, using heel of hand. Roll out to measure 13 by 13 inches. Roll up, jelly-roll style again.

7. Shape dough into a round 8 inches in diameter. Place on well-greased cookie sheet. Cover loosely with towel. Return dough to the warm, draft-free place for 1 to 1¼ hours, or until it has almost doubled in bulk.

8. Preheat the oven to 350F. Make three cuts in top of dough to form a triangle. Brush with melted butter. Bake 1 hour and 5 to 10 minutes.

9. Remove from oven. Cool completely on a wire rack.

Makes 5-pound loaf.

Note: Crush with rolling pin.

HOMEMADE NOODLES WITH PESTO SAUCE

3 cups unsifted all-purpose flour
Salt
4 eggs
2 tablespoons lukewarm water
Pesto Sauce, below

1. Sift flour with ½ teaspoon salt into medium bowl.

2. Make a well in center. Add eggs and water; beat with fork until well combined. Dough will be stiff.

3. On wooden board, knead dough until smooth and elastic—about 15 minutes. Cover with bowl; let rise at least 30 minutes.

4. Divide dough into four parts. Keep covered with bowl until ready to roll out.

5. On lightly floured pastry cloth or board, roll each part into a 16-by-14-inch rectangle. Dough should be about 1/16 inch thick. Rectangle need not be perfect in shape. Work quickly, as dough will dry out.

6. Starting with long side, roll loosely as for jelly roll. With thin sharp knife, cut roll into ⅛-inch-wide strips for fine noodles, ⅓-inch-wide strips for broad noodles. Unwind noodles, and stretch a little bit; then wind loosely around fingers. Arrange on ungreased cookie sheets. Let dry overnight before cooking. Makes about 1 pound noodles.

7. Next day, make Pesto Sauce.

8. To cook noodles: Cook half the noodles (8 ounces). In large kettle, bring 3 quarts water and 1 tablespoon salt to rapid boil. Add noodles. Bring back to boiling; cook, uncovered, stirring occasionally with long fork to prevent sticking, just until tender—7 to 10 minutes. Do not overcook. Drain well in colander. Do not rinse. Serve with Pesto Sauce.

Note: Store dried noodles in a covered glass jar in a cool place.

PESTO SAUCE

¼ cup butter or margarine, softened
¼ cup grated Parmesan cheese
½ cup finely chopped parsley
1 clove garlic, crushed
1 teaspoon dried basil leaves
½ teaspoon dried marjoram leaves
¼ cup olive or salad oil
¼ cup chopped pine nuts or walnuts

1. Cream ingredients in bowl with spoon or with mortar and pestle. Blend butter with Parmesan, parsley, garlic, basil and marjoram. Gradually add oil, beating constantly. Add nuts; mix well.

2. Add to noodles in heated dish; toss until well coated.

Makes enough Pesto Sauce for 8 ounces cooked noodles, 4 to 6 servings.

VENICE

ARTICHOKES WITH HERB MAYONNAISE
(pictured, page 179)

¼ cup salad or olive oil
6 lemon slices
1 clove garlic, split
1 teaspoon salt
Dash pepper
4 large artichokes (about 3 lb)
Stuffing (optional), page 182

HERB MAYONNAISE
1 cup mayonnaise or cooked salad dressing
2 tablespoon lemon juice
½ teaspoon dried oregano or tarragon leaves

1. In large kettle, combine 6 quarts water with the oil, lemon slices, garlic, salt and pepper; bring to boiling.

2. Meanwhile; trim stalks from base of artichokes; cut a 1-inch slice from top of each. Remove discolored leaves; snip off spike ends of leaves.

3. Wash artichokes in cold water; drain. Tie twine around each, to hold leaves in place.

4. Add to boiling-water mixture. Reduce heat and simmer, covered, 45 minutes, or until bases of artichokes feel soft. Drain well, and remove twine. Cool; then refrigerate until serving time. (If desired, fill with stuffing, as pictured.)

5. Meanwhile, in small bowl, combine mayonnaise with 2 tablespoons lemon juice and the oregano or tarragon; mix together well. Refrigerate, covered.

6. Serve chilled artichokes with mayonnaise for dipping.

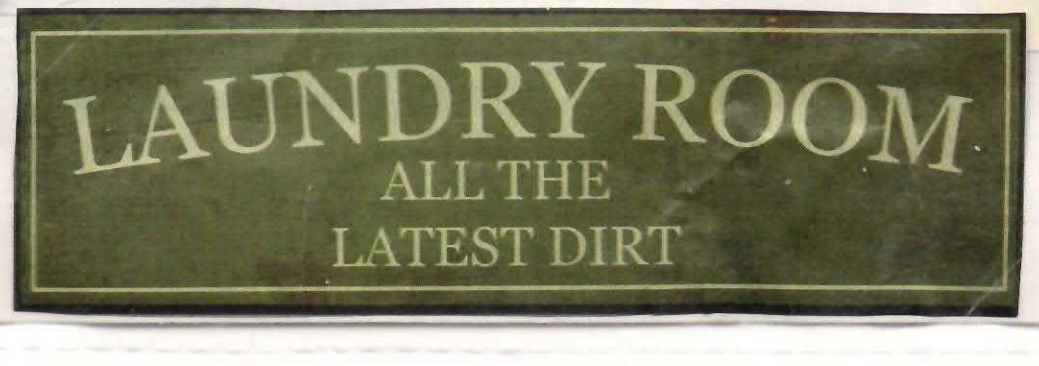
Makes 4 servings.

continued

CREAMED JERUSALEM ARTICHOKES

- 2 pounds Jerusalem artichokes, washed, pared and diced (about 1 quart)
- ¾ teaspoon salt
- 3 cups water
- 1½ tablespoons butter or margarine
- 2 teaspoons finely chopped, peeled onion
- 1½ tablespoons flour
- ¼ to ½ teaspoon salt
- ⅛ teaspoon dry mustard
- ⅛ teaspoon dried parsley flakes
- ½ cup milk
- ½ cup light cream
- ¼ cup shredded sharp Cheddar cheese

In a heavy, medium-sized saucepan combine the diced Jerusalem artichokes, the ¾ teaspoon salt and the water. Place over moderate heat (about 250° F.). Cover and cook about 8 to 10 minutes until artichokes are fork-tender. Drain and set aside. Meanwhile in a saucepan melt butter over moderate heat (about 250° F.). Add onion and cook, stirring frequently, until lightly browned. Combine flour, salt, dry mustard and parsley flakes. Quickly stir the flour mixture into the onion and butter and blend smooth. Remove saucepan from heat and gradually stir in milk and cream, blending well after each addition. Return to heat and bring mixture to a boil; boil 1 minute, stirring constantly. Add cheese and cook, stirring occasionally, until cheese is melted. Add drained Jerusalem artichokes and heat to serving temperature. Makes 4 to 6 servings.



ASPARAGUS

Whole-Grain Rotini with Asparagus and Snap Peas

This crowd-pleasing pasta dish is perfect for a quick weeknight dinner. Choosing whole-grain pasta over regular helps triple the fiber, and fresh veggies add plenty of vitamins and nutrients.

1 pkg. (13 ¼ oz.) whole-grain rotini or fusilli pasta
8 oz. asparagus, trimmed and cut into 1-inch pieces
1 bag (8 oz.) stringless snap peas
1 Tbsp. olive oil
1 small onion, chopped
1 lemon
½ c. freshly grated Pecorino Romano cheese
¼ c. loosely packed fresh basil leaves, thinly sliced
½ tsp. salt
¼ tsp. coarsely ground black pepper

Active Time: 20 min | Total Time: 30 min
Makes: 4 main-dish servings

1. Heat large covered saucepot of salted water to boiling over high heat. Add pasta and cook as label directs, adding asparagus and snap peas when 3 minutes of cooking time remain.
2. Meanwhile, in a 10-inch nonstick skillet, heat oil over medium heat until hot. Add onion and cook until tender and browned, 10 to 12 minutes. From lemon, grate 1 teaspoon peel and squeeze 2 tablespoons juice.
3. Reserve ½ cup pasta cooking water; drain pasta and vegetables. In large serving bowl, toss pasta and vegetables with reserved cooking water, onion, lemon peel and juice, Pecorino, basil, salt, and pepper.

Each serving: About 405 calories; 18g protein; 72g carbohydrate; 8g total fat (2g saturated); 9g fiber; 10mg cholesterol; 545mg sodium

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asparagus stock

The bits left over after you trim asparagus needn't go to waste. Create a flavorful stock by dropping the woody ends and peelings from a 1 pound bunch into 6 cups of water. Simmer for 15 minutes, and then strain. Use the stock to make any vegetable soup or as a tasty substitute for water when poaching or steaming food.

Saucy Asparagus

PREP TIME: 10 MIN. **COOK TIME: 15 MIN.**

1 can (10 3/4 oz.) Campbell's® NEW Cream of Asparagus Soup
2 tbsp. milk
2 pkg. (10 oz. *each*) frozen asparagus cuts *or* 1 1/2 lb. fresh asparagus spears (about 24 to 30), trimmed and cut into 1" pieces

1. In 2-qt. saucepan over medium heat, combine soup and milk. Heat to boiling, stirring often.
2. Add asparagus. Cover; cook over low heat 10 min. or until asparagus is tender, stirring occasionally. Serve with grated Parmesan cheese if desired. 8 servings.

Green Spears of Asparagus Inspire Springtime Menus

The Christian Science Monitor

Hardly anything compares in delectability to the first, crisp green spears of asparagus. For many, a plate of asparagus, cooked simply and adorned only with lemon butter and a crackling of fresh pepper is a celebration of spring.

There are many methods of cooking asparagus. The easiest is to snap off the tough ends, which is usually no more than the bottom two inches. Place the spears in a large skillet in boiling water and cook 5 to 7 minutes, depending on the thickness of the spears. If the asparagus is going to be served cold in a vinaigrette or salad, undercook slightly. Drain well.

Another method of cooking the spears is to prop them upright, tied in bundles of six in an old-fashioned enameled coffee pot. Add enough water to come up about 1 inch in the pot. Simmer 7 to 10 minutes. Drain well.

•

Aspargus combines well with many foods, as you will discover in this pasta dish.

ASPARAGUS AND PASTA

1 pound fettuccine
1 clove garlic, crushed
2 tablespoons olive oil
½ cup chopped fresh parsley
½ cup chopped fresh basil
2 cups asparagus, cut in 11/4-inch lengths and cooked until crisp
½ cup light cream
½ cup milk
1 cup freshly grated Parmesan cheese
Freshly ground pepper

Cook fettuccine in large quantity of boiling salted water just until al dente. Drain well. In large saucepan over medium heat, saute garlic, parsley, and basil in olive oil. Add asparagus. Add drained fettuccine and and toss carefully so that asparagus is not crushed.

Pile onto large serving platter. In same saucepan, heat cream and milk just to boiling point, add cheese, stir lightly and pour over pasta. Cover with freshly grated pepper, a little fresh chopped parsley and a dash of extra Parmesan cheese, if desired.

•

A vinaigrette seasoned with green onions, capers and herbs is used to marinate tender crisp asparagus spears and sliced mushrooms.

ASPARAGUS VINAIGRETTE

1 pound asparagus
4 tablespoons white wine vinegar
1½ teaspoons dijon mustard
1 teaspoon minced chives
1 teaspoon minced parsley
Pinch fresh dill
1 teaspoon capers, squeezed dry and chopped
2 chopped green onions
Pepper to taste
6 tablespoons olive oil
1 cup sliced mushrooms

Steam asparagus until tender crisp; cool. Mix together vinegar, mustard, herbs, onion and pepper; add oil and blend well. Arrange asparagus and mushrooms in a shallow dish. Spoon dressing over asparagus. Serve chilled or at room temperature. Makes 4 servings.

Honey a sweet touch in chicken marinade

4-12-95

By MARIE SIMMONS
Los Angeles Times Syndicate

What flies more than 55,000 miles
d visits more than 2 million flow-
to produce 1 pound of food for
n? If you guessed the honey bee,
are right.

Honey, the only food eaten by
n that is produced by an insect, is
taple in most kitchens. In our
se we start the day with honey
zzled over our toast. But I use it in
ory dishes as well. It is delicious
aked beans and barbecue sauce,
s a nice shine to stir-fried vege-
es and gives a tangy salad dress-
just the right balance of sweet-
s. We love it added to tea — iced
ummer and hot in winter.

Clover honey is the most common
e of honey produced in the Unit-
States. But honey is a universal
d, and as I travel the world I am
ays on the lookout for interest-
new flavors. Macadamia blos-
honey from Hawaii, chestnut honey from Tuscany in Italy and organic scotch broom honey from our son-in-law's hives in Oregon are among our most recent favorites.

In the recipe below, chicken is marinated in a mixture of honey, orange and rosemary before roasting. Complete the menu with a side dish of jasmine rice, a tender, fluffy, aromatic rice available in many supermarkets. As a salad, serve a platter of fresh asparagus, roasted to perfection, and topped with a zesty shallot vinaigrette. Serve strawberries for dessert.

HONEY-ORANGE-ROSEMARY CHICKEN

Grated zest of 1 orange
½ cup orange juice
½ cup honey
2 teaspoons dried rosemary or 1 teaspoon fresh, leaves stripped from stems
1 teaspoon salt
¼ teaspoon freshly ground black pepper
8 garlic cloves, peeled and left whole
1 orange, halved lengthwise and cut into ½-inch-thick half-moons
1 large broiler-fryer (about 3 pounds), cut into 8 pieces

■ Combine orange zest, juice, honey, rosemary, salt, pepper, garlic and orange pieces in shallow bowl. Add chicken and stir to coat. Cover and refrigerate about 1 hour (or more if time allows), turning chicken occasionally.

■ Line large baking pan or jelly-roll pan with foil. Lift chicken from marinade and arrange on foil. With slotted spoon, remove garlic and orange pieces from marinade and add to pan with chicken. Spoon some marinade over chicken. Reserve remaining marinade in refrigerator for basting.

■ Roast chicken at 400 degrees, turning pieces and drizzling with reserved marinade and pan juices every 20 minutes until chicken is golden and tender, about 50 minutes. Garnish with roasted garlic and caramelized orange slices. Makes 4 servings.

ROASTED ASPARAGUS WITH SHALLOT VINAIGRETTE

1 bunch asparagus, rinsed and trimmed
2 tablespoons extra-virgin olive oil
2 tablespoons apple cider vinegar
2 tablespoons finely chopped shallots
Salt, freshly ground black pepper

■ Spread asparagus in 13-by-9-inch baking pan. Drizzle with 1 tablespoon olive oil and toss to coat. Roast asparagus at 400 degrees, turning once or twice, until tender-crisp, about 12 minutes. Remove from oven. Transfer to platter and cool to room temperature.

■ Add remaining 1 tablespoon olive oil, vinegar, shallots and salt and pepper to taste to roasting pan. Stir to blend. Spoon over asparagus and let stand until ready to serve. Makes 4 servings.

It's time to eat fresh asparagus

Rosemary,

BALSLEY
Los Angeles Times

Forget the calendar. Ignore the
eather. Those tender-crisp first
esh green spears of the season say
all. Fat stalks of asparagus stand-
g row upon row in the produce
ction are indisputable indications
at spring is here.

This is the time of year that aspar-
us abounds at prices that make it
cessible to most. This also is the
ason when the arguments begin
er how to cook it properly. Should
batch of asparagus stalks be tied
gether and placed cut-end down in
arrow, deep pan designed primar-
to cook this particular vegetable?
ould they be cooked lying flat in a
ge skillet in a half-inch or so of
ter? Should they be steamed? Or
crowayed?

The answer is easy. Any and all of
above. And do not overlook the
a of slicing them into inch-long
ces and stir-frying or sautéing
m. Cook asparagus however you
ase. Just do not overcook it. That
he No. 1 crime one can commit
ainst this delightful taste of
ing.

Asparagus is dreadful when
ked to a limp state. It loses its
ctacular texture and shape, tends to become stringy and, worst of all, turns a horrendous grayish tone. It was never intended to become mushy. But it does need cooking to bring out the best of its flavor. The tender tips will, of course, cook much faster than the more dense stalks, which is a point in favor of cooking the spears in an upright fashion. However, when the stalks are allowed to cook just to the tender-crisp state where a fork tine will pierce them easily, there is no reason any of the other suggested cooking methods are not suitable.

When buying asparagus, look for tightly closed tips and firm, well-greened stalks. Size selection is strictly a personal matter. Arguments have raged for years over whether the best asparagus is that which is skinny or the big, fat spears.

Once bought, if it is not to be used immediately, refrigerate the asparagus with the cut ends wrapped in paper towels. Do not wash asparagus until it is to be cooked. Then snap — do not cut — the tough ends from each stalk. Plunge the spears into water to wash them, trim the lower (and tougher) nibs from the stalks with a vegetable peeler or sharp knife and proceed with whatever recipe you have in mind.

Laurel's kitchen

A friend served us this amazingly sumptuous pasta dish last week — homemade pasta in a creamy green sauce lightly flavored with Swiss cheese. Boston lettuce with Feroz's dressing will make a meal of it.

FEROZ'S SALAD DRESSING

Juice and zest of 1 lemon
½ teaspoon salt
1 large peeled tomato
Dash cayenne
2 small cloves garlic, peeled
2 tablespoons olive oil
¼ teaspoon each ground coriander, cumin, paprika, dry mustard
½ teaspoon brown sugar

Place all ingredients in blender and blend smooth.

Carol Flinders is a syndicated columnist and cookbook author based in Petaluma, Calif.

ASPARAGUS PASTA

1 medium onion, chopped
2 teaspoons olive oil
2 large cloves garlic
4 cups asparagus cut in ½-inch slices
8 ounces durum whole wheat ribbon noodles
¾ cup buttermilk
A 2-inch by 2-inch by ½-inch slice Swiss cheese, cut up
½ teaspoon salt
Freshly ground pepper

Sauté onion in olive oil in a heavy skillet with a lid until translucent. Peel garlic cloves and sauté for one minute whole. Add asparagus and just enough water to steam. Cover pan and cook until just tender, checking to make sure water doesn't boil away.

Meanwhile, bring a large pot of water to boil, add a little oil and salt, and drop in noodles when water boils. Cook until tender.

Blend asparagus with buttermilk, cheese, salt and pepper. Drain noodles and stir into sauce. Serve immediately, with a sprinkle of Parmesan if desired.

Serves four. You may like to reserve asparagus tips, steam them separately, and stir in at the end. Lightly steamed chopped red bell pepper is lovely too.

Cooking and preparing asparagus: some tips

Continued from Page E1

There's some controversy over the ideal thickness of asparagus spears. Some say only the very young and thin are good; others like more substantial spears. "Farmers Market Cookbook" by Susan F. Carlman (Chicago Review, $9.95) suggests that the best bet lies between the very skinny and the very plump, as either of those tends to be tough.

Texas vegetable farmer Georgia Machala Massie says that asparagus should be stored by wrapping a wet paper towel around the stem ends of the spears and placing them in a plastic bag in the refrigerator. Stored this way, she says, asparagus will keep up to 14 days.

Preparing asparagus

To prepare asparagus, wash away any dirt and cut off woody ends. Peel skin and slice stems.

Fresh asparagus has a wonderfully sweet flavor when eaten raw; add to salads for extra crunch and flavor.

Asparagus can be cooked any way, with one caveat — don't overcook. Cook only until still a bit crunchy to preserve taste and color.

Asparagus also can be cooked easily in the microwave with good results. For small amounts (less than 1 pound), lay spears on a damp paper towel in the microwave, then cover with another damp paper towel. Microwave on high (100 percent power) for 1 minute per 10 thin- to medium-size spears. Adjust cooking time if necessary.

For a pound of asparagus, arrange spears in a flat microwave casserole with stem ends toward the outside. Add ¼ cup water and cover with plastic wrap. Microwave on high 5 to 7 minutes. Let stand covered 3 to 5 minutes before serving.

These recipes will help you enjoy the glorious spring asparagus.

Asparagus can be cooked any way, but don't overcook.

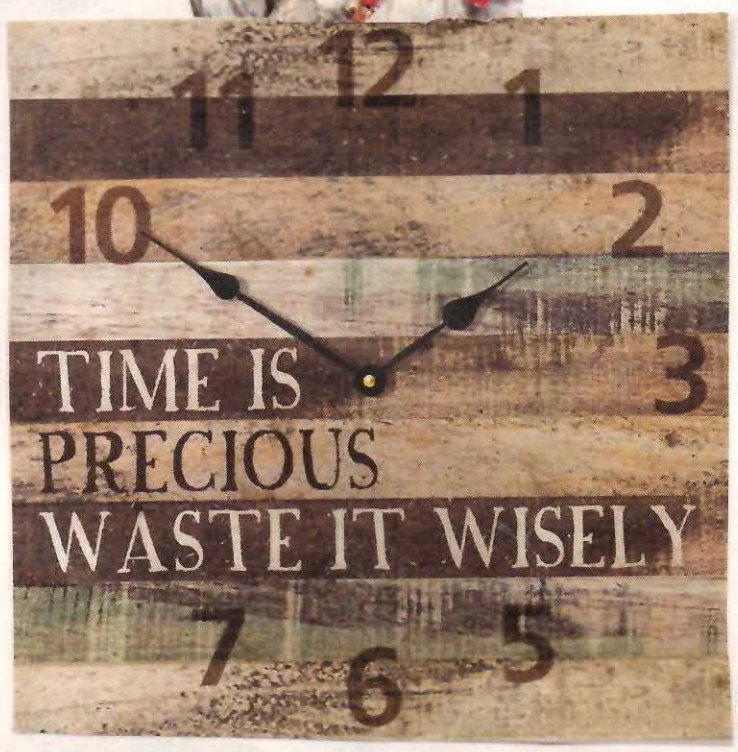
ASPARAGUS WITH MUSTARD DILL SAUCE

¾ pound fresh asparagus
¼ cup mayonnaise
¼ cup sour cream
1 tablespoon fresh-squeezed lemon juice
1 teaspoon Dijon-style mustard
1 teaspoon horseradish
1 tablespoon fresh dill, minced, or ½ teaspoon dried
Dash salt and pepper

■ Wash asparagus and trim tough ends. Steam for 4 to 5 minutes until barely tender. Drain.

■ Mix sauce ingredients in a cup and pour over asparagus. Stir and warm over low heat for 2 minutes. Serves 3.

■ Note: For a low-fat version, substitute ⅛ cup low-calorie, low-fat mayonnaise and ⅛ cup non-fat plain yogurt for ¼ cup sour cream.



O.S. "NEIGHBORS"
June 2018

Try making this: Asparagus and Mushrooms with Lemon Thyme Butter Sauce is a simple dish that will ignite your palate with the fresh tastes of spring. And it only takes minutes to make. Start with fresh asparagus, loaded with antioxidants and foliate, and give your brain and body a boost. To keep the dish local, add super nutrient rich oyster or morel mushrooms although any fresh *organic* mushrooms will do. (Mushroom are extremely absorbent so organic is always best.) Use fresh thyme to help ward off that spring cold or the lingering winter cough. Add a squeeze of lemon to brighten up the entire dish and make it rich in vitamin C. Serve with quinoa or rice for a vegetarian dinner or as a side dish. Makes 4 servings.

Recipe

3 TBL of butter or 2 TBL Olive oil

1 lb. asparagus, trimmed (wooden end removed)

1 tsp. fresh thyme, stemmed and chopped

¼ lb. mushrooms such as oyster, crimini or morels, sliced

1 TBL fresh lemon juice

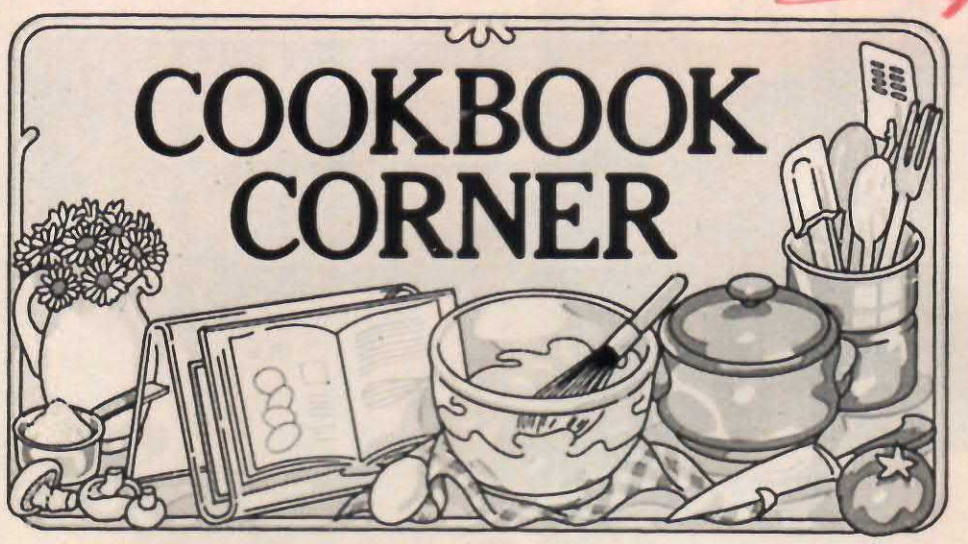
¼ cup parmesan cheese, grated

fresh ground pepper to taste

Instructions

1. Blanch asparagus in a pot of rapidly boiling, salted water until crisp & tender, about 3 minutes. Transfer to a platter.
2. Heat butter or oil over medium heat in a fry pan. Add mushrooms, thyme & lemon juice & sauté until butter is a light brown & mushrooms take on a bit of color.
3. Pour mushroom sauce over asparagus & sprinkle with Parmesan cheese & pepper. Serve warm.

ASPARAGUS (OVER)



KIWI COOKS

Favorite home recipes from flight attendants—a collection that's sure to fly with your family!

The Kiwi Club, named for the flightless bird of New Zealand, was originally founded by flightless (former) stewardesses of American Airlines. Today its members include active flight attendants as well as retirees, and its aim is to provide camaraderie along with community service within the members' communities. The current beneficiary of funds raised by *Kiwi Cooks,* a book produced by the Dallas chapter, is the Monique Janette Lifeline, a support and information resource for the spinal-cord injured. To order the book by mail, see below.

There are more than 400 recipes in the 206-page, spiral-bound book, divided into 9 chapters from appetizers to dessert. A special chapter is devoted to recipes using kiwi*fruit* in dishes ranging from breakfast topping to main-dish salads to elegant desserts. Interspersed among the recipes are cooking and serving tips. Drawings of early flight-attendant uniforms from 1937 to the present day illustrate the chapter divider pages.

There were many recipes we wanted to try, among them the All-Holiday Salad to vary with the season; Monkey Bread in two versions—one savory, one sweet; Japanese Fruit Pie. Enchilada Pie, the dish we chose, is an easy-to-make-and-serve main dish with rich Tex-Mex flavor. Accompany it with green salad, follow with a kiwifruit dessert, and you'll have a perfect company supper!

ENCHILADA PIE

1½ pounds ground beef
1 large onion, chopped
1 can condensed cream of mushroom soup
1 can condensed cream of chicken soup
1 small can (4 ounces) chopped green chilies
1 can mild enchilada sauce
¾ cup milk
1 package soft tortillas
½ pound Cheddar cheese, grated
½ pound Monterey Jack cheese, grated
1 pint sour cream

Brown meat and chopped onion in a skillet and season with salt and pepper to taste. Add soups, green chilies, enchilada sauce, and milk. Line an oblong pan (13" by 9") with 6 tortillas and top with half the meat mixture and half the cheeses. Repeat layers. Bake at 350°F. for 40 minutes; cool slightly and cut in squares to serve. Top each square with a dab of sour cream. Serves 8.

For each book, send $10 plus $1.50 mailing costs. Checks payable to Monique Janette Foundation are tax deductible. Send to: Kiwi Cooks, 3217 Duchess Trail, Dallas, Texas 75229.

INSTITUTE/FOOD/ELLEN CONNELLY: ASSOCIATE Photographed by John Uher

"APRIL IS A GOOD TIME TO PLANT ASPARAGUS."

Don't rush the asparagus

While rhubarb seems to have that "down home" reputation, asparagus can claim a spot on chic Parisian menus.

Once asparagus gets going, it requires less care than nearly any other garden crop. Plant only disease-resistant varieties. The rust-resistant Washington strains are among the best.

Asparagus roots are available through garden centers and catalogs. You can buy either two-year-old or one-year-old stock. The one-year-old stock grows relatively faster, so it soon catches up with the older starts.

Asparagus does well in many kinds of soil, from sandy to heavy, but, like rhubarb, asparagus needs good drainage. Its roots, too, are greedy for space, so plant in rows along the border of the garden at least four feet from other permanent plants, such as rhubarb or trees.

Prepare soil at least 12 inches deep, breaking up clods. Spread asparagus roots out in a hole, preferably lined with compost, and set the crowns four to six inches deep. Space the plants two feet apart in rows four feet apart.

Asparagus feeds heavily on soil nutrients. At planting time, apply one quart of a 10-10-10 or 12-12-12 fertilizer to each 25 feet of row. Mix the fertilizer thoroughly into the soil.

By the end of the season, the asparagus is ready for another fertilizer treatment. Water well after each feeding.

Asparagus tips

- Plant about 40 roots for a family of four—more if you plan to can or freeze.
- Plants seem to survive winter best if stems are left until next spring. Then burn the tops to cut down on disease and overwintering insects.
- Cut asparagus spears below the soil surface with a sharp knife. Take care not to stab the root system. Cut only spears thicker than a pencil. ■

BREAKFAST.

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F•O•O•D

Ah . . . Fresh Asparagus!

Now is the short, delicious season for fresh asparagus—enjoy it while you can with our easy recipes

Frozen and canned asparagus are available year-round, but nothing equals the flavor of the fresh spring asparagus that's at your market right now—at a reasonable price. Here, to help you enjoy it for the few months it lasts—tips and easy recipes.

FINDING THE BEST

Asparagus supplies are best from March through June. Look for straight stalks with closed, compact tips and a bright green color along almost the entire length. Some white asparagus may be available; the stalks are usually thicker, the flavor milder, and the price considerably higher than those of the green variety.

THE EASY PREPARATION

Keep asparagus refrigerated until you use it, and cook it within a day or two.

To prepare it, hold the base of each stalk firmly and bend the stalk; the end will break off at the spot where the stalk becomes too tough to eat. Discard the tough ends; trim the scales if the stalks are gritty. Leave the stalks whole; or cut them into 1- to 2-inch pieces; or slice them diagonally into smaller pieces if desired.

BASIC COOKING . . .

In a large skillet over high heat, in ½ inch of boiling water, heat the asparagus to boiling. Reduce heat to medium-low, and cook the asparagus, uncovered 3 to 5 minutes until tender-crisp.

Asparagus can also be steamed in a steamer or in a colander over simmering water, covered, about 10 minutes or until tender.

. . . AND SERVING

Asparagus can be served hot or cold, with no sauce whatever (great for dieters). If you serve it hot, you might accompany it with melted butter or margarine with or without lemon juice added; Hollandaise sauce; or white, cheese, or mustard sauce. Vinaigrette, mayonnaise, and whipped cream seasoned with horseradish are excellent toppers for cold asparagus.

STIR-FRIED ASPARAGUS

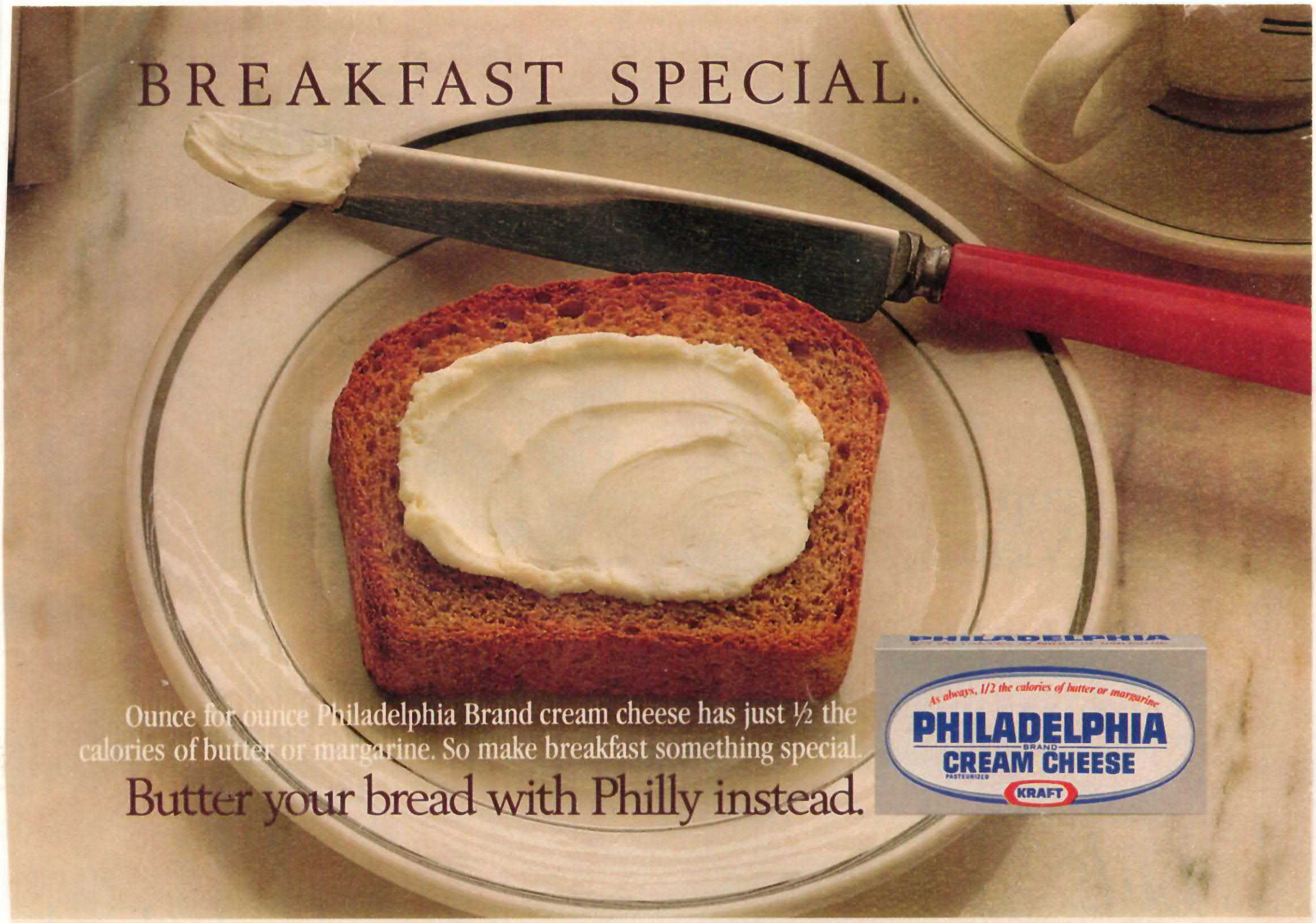
1½ pounds asparagus
2 tablespoons salad oil
½ teaspoon salt

ABOUT 30 MINUTES BEFORE SERVING:

1. Cut asparagus diagonally into 3-inch pieces.

2. In 10-inch skillet or 5-quart Dutch oven over high heat, in very hot salad oil, cook asparagus, stirring quickly and frequently (stir-frying) until well coated. Sprinkle

Illustrated by Judy Francis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with salt; continue stir-frying about 3 minutes more or until tender-crisp. Makes 6 accompaniment servings. About 55 calories per serving.

SCALLOPS AND ASPARAGUS IN CREAM

1 pound medium-sized sea scallops
3 tablespoons butter or margarine
1 pound asparagus, cut into 1-inch pieces
½ pound medium-sized mushrooms, sliced
1 small onion, thinly sliced
¼ cup dry white wine
¾ teaspoon salt
½ cup half-and-half

ABOUT 30 MINUTES BEFORE SERVING:

1. Rinse scallops with running cold water to remove sand from crevices. Pat dry with paper towels.
2. In 12-inch skillet over medium heat, in hot butter or margarine, cook asparagus, mushrooms, and onion, stirring occasionally, until vegetables are tender, about 10 minutes. Remove vegetables to bowl.
3. In same skillet over medium heat, cook scallops, wine, and salt, stirring frequently, until scallops are tender, about 5 minutes. Stir in half-and-half and vegetables; heat through. Makes 4 main-dish servings. About 265 calories per serving.

ASPARAGUS QUICHE

½ 10- to 11-ounce package piecrust mix
½ pound asparagus
2 green onions, sliced
1 tablespoon all-purpose flour
½ pound Swiss cheese, shredded (2 cups)
3 eggs
1 cup half-and-half
½ teaspoon salt
¼ teaspoon dried basil
⅛ teaspoon pepper

ABOUT 1 ½ HOURS BEFORE SERVING:

1. Preheat oven to 425°F. Prepare piecrust mix as label directs for 1-crust pie; use to line 9-inch quiche pan. With fork, lightly prick pastry.
2. Bake 7 minutes or until crust is set but not browned; remove from oven. Turn oven control to 350°F.
3. Prepare asparagus: Discard tough ends and trim scales. In 10-inch skillet over high heat, in ½-inch boiling water, cook asparagus spears, covered, 3 minutes. Drain and cool spears. Set aside 3 spears for garnish; cut remaining spears into 1-inch pieces.
4. In medium bowl, toss asparagus pieces, green onions, and flour until mixed. Sprinkle asparagus mixture and shredded cheese in piecrust.
5. In same bowl, with wire whisk, beat eggs, half-and-half, salt, basil, and pepper until well mixed; pour over asparagus mixture and cheese in piecrust.
6. Bake quiche 25 minutes. Cut reserved asparagus spears lengthwise in half. Remove quiche from oven; arrange spear halves, cut-sides down, on quiche. Bake 5 to 10 minutes longer until knife inserted in center comes out clean. Let stand 10 minutes before serving. Makes 6 main-dish servings. About 260 calories per serving.

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I HAVE NO
SHELF
CONTROL

FROM MY HOME TO YOURS

The pleasures of fresh asparagus

TEXT BY MARTHA STEWART PHOTOGRAPHS BY MATTHEW HRANEK

GROWING UP, I always heard about Aunt Judy Kostyra's family farm in Michigan—a property in faraway Kalamazoo, famous for its asparagus. At that time I had never seen an asparagus farm, but I could imagine the wide rows—heavily mulched with straw-studded, well-rotted cow or horse manure—with thousands of fat asparagus spears poking up through the soil, ready to be harvested, packed, and shipped to greengrocers.

When I finally had my own garden, in Westport, one of the first things I planted was an asparagus patch, right alongside the rhubarb. I planted the asparagus, which were shipped bare root (called asparagus crowns), in deep trenches. (Trenches should be about 18 inches deep and 12 inches wide, with soil mounded in the bottom about five inches.) And I followed the grower's instructions exactly so that my patch would be exemplary and productive. I ordered crowns from Nourse Farms, in western Massachusetts—varieties with names like Mary Washington

> "WHAT I DISCOVERED, GROWING MY OWN, WAS THAT FRESH-PICKED ASPARAGUS ARE SO MUCH BETTER THAN ANYTHING I HAD EVER HAD BEFORE."

HARVEST SCHEDULE Even if it's raining I pick the ripening asparagus; if left for even a day too long, the tips start to "bloom." A basket of freshly snapped asparagus, right, ready to prepare for dinner. Very thin (pencil) asparagus take just a couple of minutes to steam. Peel thick stalks, starting an inch below the tip using a vegetable peeler.

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(a nonhybrid)—and Jersey Giant and Jersey Knight from Rutgers University's breeding program. I chose a very sunny spot (asparagus need seven to eight hours of sun a day), in an area where the soil was well drained and rich in compost and humus. (It is very important to plant in soil that has a pH of about 7.)

In just three years I was able to pick tender green stalks and was utterly delighted that I had enough asparagus to serve our family of three every day for almost a month. I made asparagus soup, a Chinese stir-fry with fermented black beans, and asparagus hollandaise—my favorite to this day.

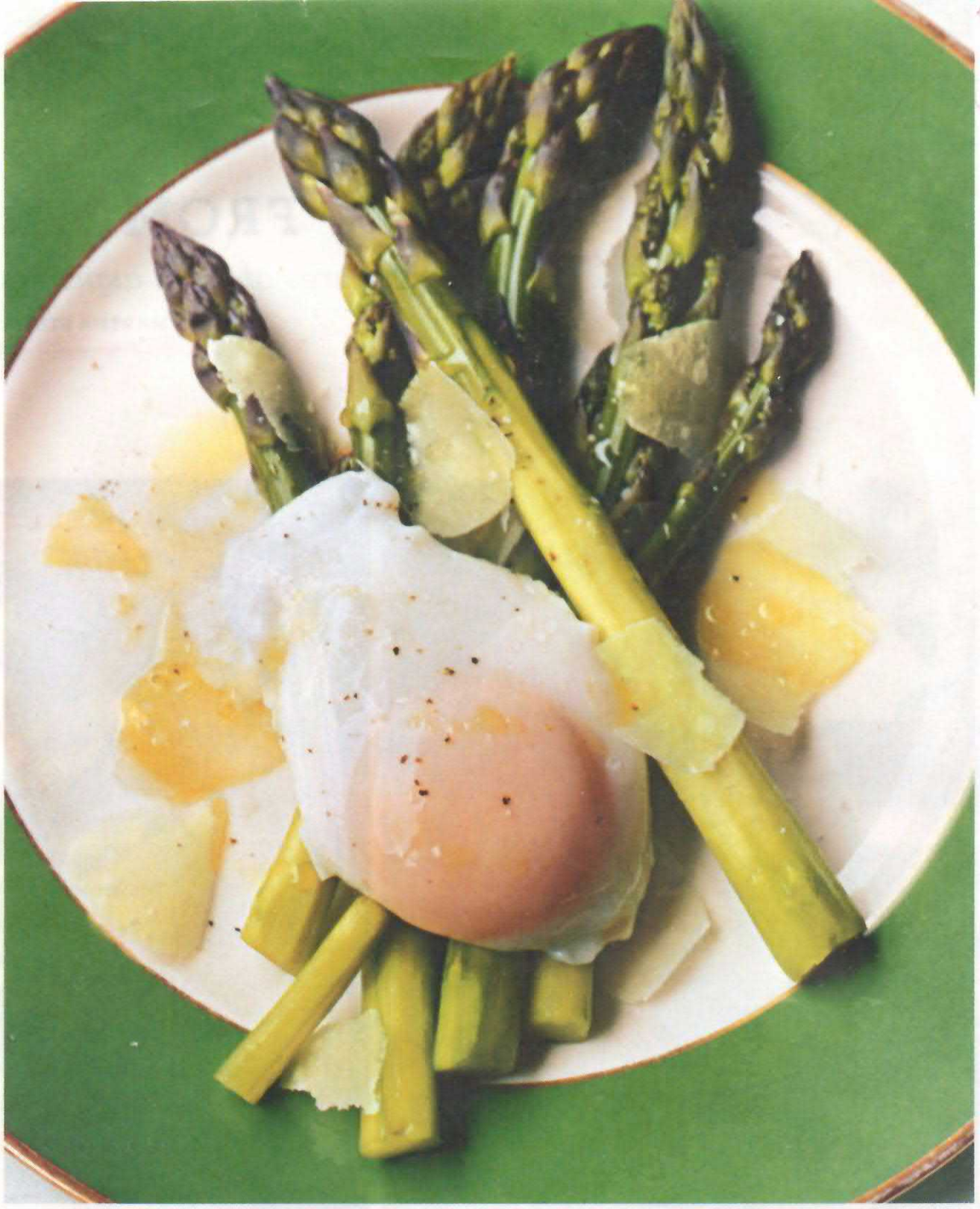
What I discovered, growing my own, was that fresh-picked asparagus are so much better than anything I had ever had before. So, of course, when I moved to Bedford, I planted several hundred crowns. A well-planted patch can live for more than 20 years, so I am expecting that portion of my garden to be producing asparagus for many, many years.

I have planted three very long rows in the eastern section of my vegetable garden, and they are thriving. For the past five years, eager to try the new hybrids, I have added varieties. Mister Spear, a big grower in California, sent me giant crowns, which I planted, and within a year they were producing very large, fat asparagus. I have also planted some purple types, which are pretty in the garden and turn green when cooked.

I try to grow all my vegetables in a pesticide-free and organic manner. Once the soil has been tested for pH and amended for nutrients, I do no chemical fertilizing or spraying. Every year I do apply compost and peat moss and well-rotted manure to the beds. Once picking season is over, after four weeks, I allow the "ferns" to grow high and thick—these beautiful ferns can reach up to six feet tall. They are important because they provide rich nutrients to the roots for the next season's growth.

In late autumn, the ferns, once softened and ripened by frost, can be cut off at ground level, leaving a clean bed for the following spring.

I encourage everyone to plant a few crowns from one of the new hybrids and establish an asparagus garden that will provide pleasure for years.»



FRESH INGREDIENTS A poached egg on a pile of tender steamed asparagus, above, is a fine meal; a shaving of hard aged cheese, such as Parmesan, is an added treat—and don't forget freshly ground pepper. See the Recepes section.

STEAMING TIE SPEARS TOGETHER WITH KITCHEN TWINE, AND STAND THEM ON END FOR EVEN COOKING.

ASPARAGUS, ARTICHOKE, AND FAVA BEAN SALAD

SERVES 8

Ricotta salata (igourmet.com) is an aged salted ricotta cheese. You can substitute another salted, crumbly cheese, such as feta.

FOR THE SALAD

- 2 lemons
- 3 medium artichokes
- 3 cups whole milk
- 5 cups water, plus more for bowl and pan
- 1 pound each white and green asparagus, cut into 5-inch spears, trimmed and peeled
- 2 cups dry white wine
- 2 pounds fresh fava bean pods, shelled (about 2 cups)
- ½ cup fresh mint
- 3 ounces ricotta salata cheese, crumbled (¾ cup)

FOR THE DRESSING

- ⅓ cup low-fat buttermilk
- ⅓ cup extra-virgin olive oil
- 1 scallion, green part only
- 3 tablespoons fresh lemon juice (from 2 lemons)
- 1 teaspoon finely grated lemon zest
- ¼ teaspoon coarse salt
- ¼ teaspoon freshly ground pepper

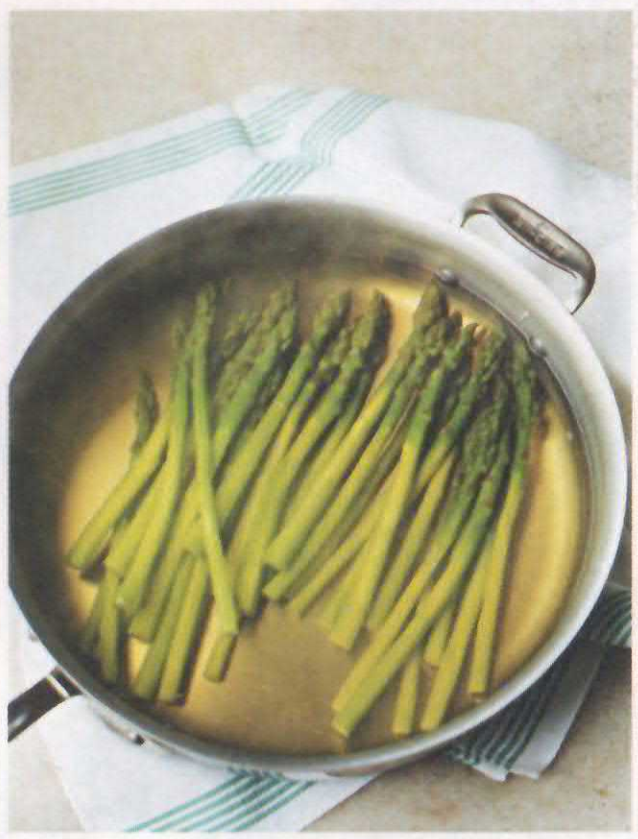
1. Make the salad: Juice 1 lemon into a large bowl filled with water. Remove tough outer leaves of artichokes, cut off top two-thirds, and scoop out fuzzy chokes with a spoon; discard. Cut each in half, transferring to lemon water as you work to prevent discoloration.

2. Bring milk, 3 cups water, and white asparagus to a simmer in a medium saucepan over medium-high heat. Reduce heat to medium-low, and cook until tender, skimming foam, about 45 minutes. Transfer to a paper-towel-lined plate; let drain and cool.

3. Bring prepared artichokes, wine, remaining lemon (squeezed, with rind), and remaining 2 cups water to a boil in a medium saucepan. Reduce heat, and simmer until tender, 13 to 16 minutes. Using a slotted spoon, transfer artichokes to a paper-towel-lined plate; let drain and cool. Discard lemon.

4. Meanwhile, prepare an ice-water bath. Bring a large sauté pan of water to a boil. Add green asparagus, and cook until tender, 4 to 6 minutes. Transfer to ice-water bath, and let cool; reserve cooking liquid. Drain asparagus on a paper-towel-lined plate. Add fava beans to boiling cooking liquid, and cook until tender, 3 to 5 minutes. Transfer to ice-water bath, let cool, then squeeze beans from skins. Divide beans and vegetables among 8 plates. Sprinkle with mint and ricotta salata.

5. Make the dressing: Purée all the ingredients in a food processor until smooth. Drizzle over salads, and serve.



BLANCHING

LAY ASPARAGUS IN A SAUTÉ PAN WITH AN INCH OR SO OF WATER, AND BOIL UNTIL TENDER—A MATTER OF A FEW MINUTES.

A SPRING SALAD This seasonal dish, left, combines green and white asparagus, which are the same variety but the white has been deprived of sunlight.

ROASTING

ARRANGE PIECES IN A SINGLE LAYER ON A BAKING SHEET, AND COOK IN A HOT OVEN WITH A BIT OF OLIVE OIL, SALT, AND PEPPER.

MORNING FAVORITE This French toast, right, is always a big hit at breakfast.

BRIOCHE FRENCH TOAST WITH ASPARAGUS AND ORANGE BEURRE BLANC

SERVES 4

FOR THE ORANGE BEURRE BLANC

- 1½ cups dry white wine
- ½ cup plus 2 tablespoons fresh orange juice (from 2 oranges)
- 2 small shallots, thinly sliced
- ½ cup heavy cream
- 6 ounces (1½ sticks) unsalted butter, cut into small pieces
- 1 teaspoon finely grated orange zest
- Coarse salt and freshly ground pepper

FOR THE ASPARAGUS

- 1 pound asparagus, cut diagonally into 1-inch pieces
- 2 teaspoons extra-virgin olive oil
- Coarse salt and freshly ground pepper

FOR THE FRENCH TOAST

- 4 large eggs
- 1 cup heavy cream
- 1 teaspoon finely grated orange zest
- ½ teaspoon coarse salt
- ½ teaspoon freshly ground pepper
- 4 one-inch-thick brioche slices
- 1½ ounces (3 tablespoons) unsalted butter

1. Make the orange beurre blanc: Bring wine, ½ cup orange juice, and the shallots to a boil in a large skillet. Cook, stirring occasionally, until reduced to 3 tablespoons, about 10 minutes. Whisk in cream, and cook until reduced by three-quarters, about 2 minutes. Reduce heat to low. Add butter, 1 piece at a time, whisking after each addition. Strain into a heatproof bowl, and add remaining 2 tablespoons orange juice and the zest. Season with salt and pepper. Thin with water if too thick. Cover to keep warm.

2. Make the asparagus: Preheat oven to 475°. Toss asparagus and oil on a rimmed baking sheet. Season with salt and pepper. Roast until golden, about 8 minutes.

3. Make the French toast: Whisk together eggs, cream, zest, salt, and pepper in a large bowl. Pour mixture into a 9-by-13-inch baking dish, add brioche, and soak, 2 minutes per side. Melt butter in a large skillet over medium-high heat until sizzling. Add brioche, and cook on 1 side until golden brown, about 4 minutes. Flip, and cook until golden brown, about 2 minutes more. Top each slice with asparagus, and drizzle with orange beurre blanc. Serve with remaining beurre blanc.

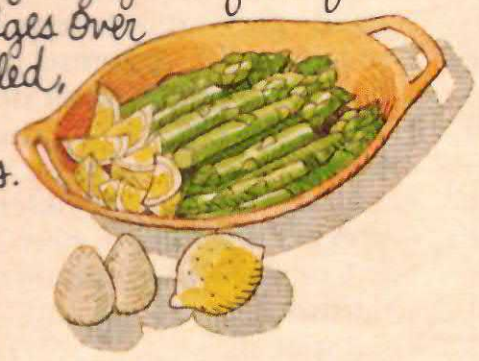
SEE RECIPES SECTION FOR MORE

"Norma, the asparagus was the hit of the meal."

Norma's Recipes

A quickie.

Simply squeeze juice from fresh lemon wedges over hot or chilled, cooked asparagus. Salt and pepper to taste.



A quickie with an extra touch.

Melt 1/4 cup butter or margarine. Add grated peel and juice of 1/2 Sunkist lemon, 1 tbsp. toasted sesame seed, 1 tsp. sugar and 1/4 tsp. garlic salt; heat. Serve over cooked asparagus. It's lemony and buttery and lovely.

A classic.

The easiest hollandaise ever. Melt 1/2 cup butter or margarine until bubbly, with juice of 1/2 Sunkist lemon and 1/8 tsp. salt. Add slowly to 3 egg yolks, beating constantly. Serve over cooked asparagus.

A great salad.

Make a marinade. Combine the juice of 1/2 Sunkist lemon, 1/4 cup salad oil, 1 tsp. each dry mustard and finely chopped onion. Pour over cooked asparagus spears; chill. Salt and pepper to taste. Serve on salad greens and tomato slices; garnish with sieved hard-cooked egg and lemon cartwheels.

A triumph.

Stir fry 1 1/2 lbs. fresh asparagus, thinly sliced; 1 onion, sliced; 1 clove garlic, minced; with 1 chicken bouillon cube in 1/4 cup butter or margarine until tender. Stir in 1/4 cup sliced almonds and grated peel and juice of 1/2 Sunkist lemon.

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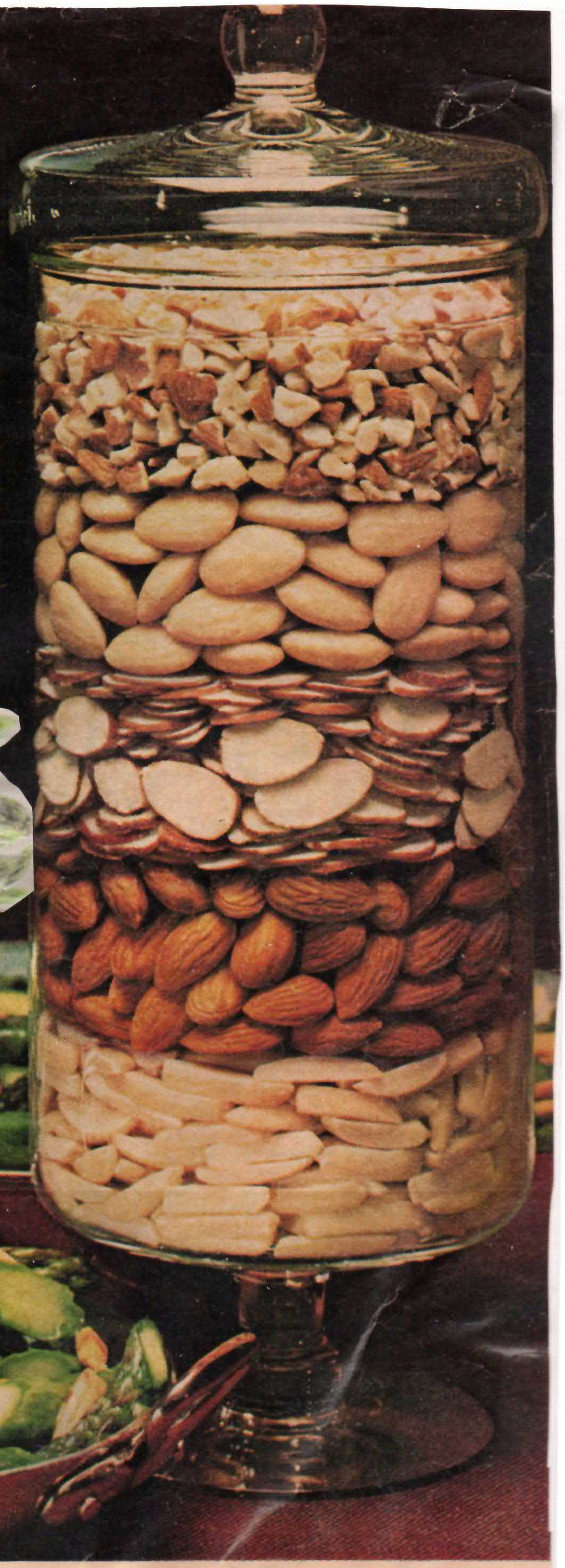
We do it with asparagus—but you can try this same almond stir-fry recipe with carrots, green beans or cauliflowerettes. You make the dish with slivered almonds, one of five ready-to-go forms of Blue Diamond® cooking almonds. (From the top in jar: chopped, blanched whole, sliced natural, whole natural, slivered.) Each adds texture, eye appeal and wonderful flavor to foods. All are available in cello bags. Send for our all-new Almond Treasury Booklet. Over 100 great recipes including salads, main dishes, vegetables and delectable desserts. Please send 75¢ to: The Almond People,® California Almond Growers Exchange, P.O. Box 42577, Dept. LJ, San Francisco, CA 94142.

ALMOND ASPARAGUS:

1 pound asparagus
2 tablespoons butter or margarine
1 tablespoon lemon juice
1/2 cup Blue Diamond® Blanched Slivered Almonds, toasted
Salt and pepper

Wash asparagus; cut into 1-inch diagonal slices. Heat butter in skillet; add asparagus and saute 3 to 4 minutes. Cover skillet and steam about 2 minutes or until tender-crisp. Toss asparagus with lemon juice and almonds; salt and pepper to taste. Makes 4 servings.



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2 Tbl. Slivered Almonds
1/4 tsp. Lemon and Herb Seasoning

- **Sauté almonds in butter or margarine**
- **Add lemon and herb seasoning**
- **Mix with Birds Eye Farm Fresh Vegetables**

"You did something special to the beans, didn't you?"

Something special recipes.

The easiest.

Use fresh lemon as a wonderful basic seasoning for green beans. Just squeeze on juice from lemon wedges right before serving. Even right at the table. Salt and pepper to taste. It's so fresh it sparkles.

The next easiest.

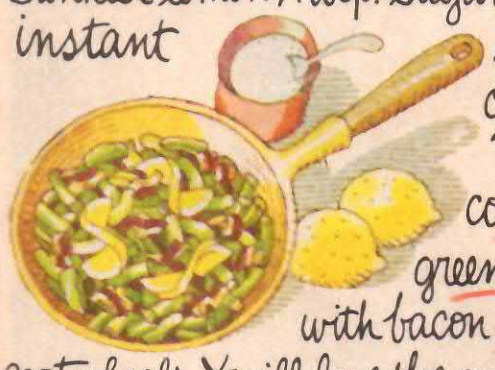
Lovely, light lemon butter. Just melt 1/4 cup butter or margarine. Add grated peel and juice of 1/2 Sunkist lemon; heat. Pour over cooked green beans.

Something quick and cold.

A hearty, fresh salad. Combine 1/2 cup bottled Italian dressing; grated peel and juice of 1/2 Sunkist lemon; 1 can (16 oz.) green beans, drained; 1 can (15 oz.) red kidney beans, drained; and 1 small onion, sliced. Chill. Enjoy.

Something snappy.

Fry 3 slices bacon till crisp; remove and crumble. To drippings add juice of 1/2 Sunkist lemon, 1 tbsp. sugar and 2 tsp. instant minced onion; heat. Pour over cooked green beans. Garnish with bacon and lemon cartwheels. You'll love the mix of flavors.



Something sassy.

A lively, little sauce. Combine 1/4 cup softened butter or margarine, juice of 1/2 Sunkist lemon, 2 tbsp. chopped almonds and 1 tbsp. Dijon-style mustard. Spoon over fresh or frozen cooked green beans. You've got a hit.

Our famous Lemon-Aid Kit.

A. The Grater. Folds for storage. Stainless grating area. B. The Juicer. Squeezer and pouring cup come apart. C. The Faucet. Turns a lemon into its own bottle. D. Two Snackers™. Easy way to make twists or peel any citrus. E. The Recipe Booklet. Delicious new ideas for cooking with lemons. Only $2.00.

"Of course. I made them with Sunkist® lemons."

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IF YOU LIKE OUR GREEN BEAN CASSEROLE... YOU'LL LOVE DURKEE'S NEWEST CASSEROLE.

Durkee French Fried Onions make it special. Nothing else adds that crunch... that savory onion flavor!

Swiss Vegetable Medley

(Ready To Bake In Just 5 Easy Minutes)

- 1 bag (16 oz.) frozen broccoli, carrots and cauliflower combination, thawed and drained
- 1 can (10¾ oz.) condensed cream of mushroom soup
- 1 cup (4 oz.) shredded Swiss cheese
- ⅓ cup sour cream
- ¼ teaspoon Durkee Ground Black Pepper
- 1 jar (4 oz.) chopped pimiento, drained (optional)
- 1 can (2.8 oz.) Durkee French Fried Onions

Combine vegetables, soup, *½ cup* cheese, sour cream, pepper, pimiento and *½ can* Durkee French Fried Onions. Pour into a 1-quart casserole. Bake, covered, at 350° for 30 minutes. Top with remaining cheese and onions; bake, uncovered, 5 minutes longer.
Preparation time: 5 minutes MAKES 6 servings.

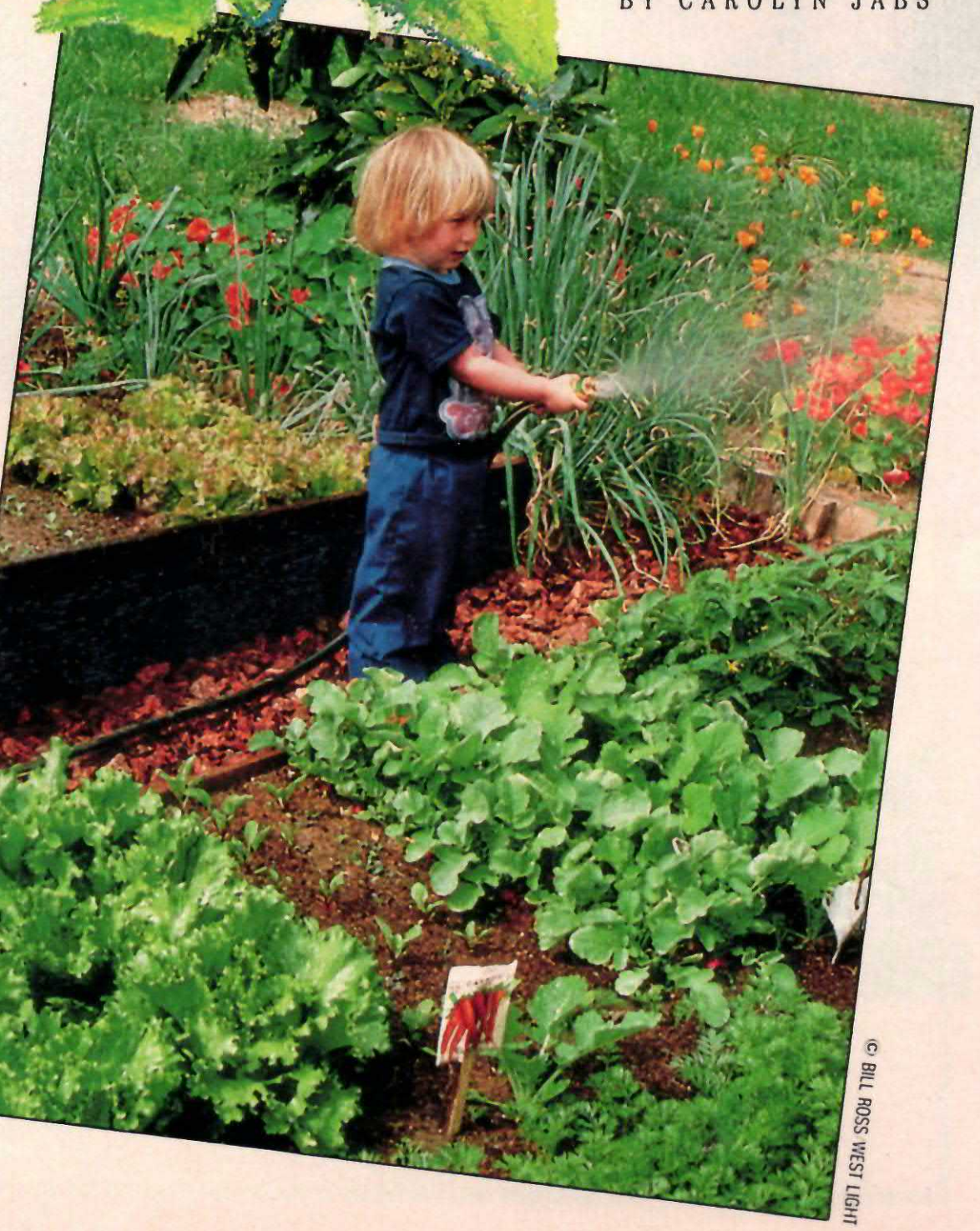
MICROWAVE DIRECTIONS: Prepare as above. Cook, covered, on HIGH 8 minutes; turn halfway through. Top with remaining cheese and onions. Cook, uncovered, on HIGH 1 minute or until cheese melts.

KIDS
OF SUMMER 1989

GARDEN OF DELIGHTS

Planting a special relationship with your child

BY CAROLYN JABS



© BILL ROSS WEST LIGHT

When parent and child garden together, something extraordinary grows. And whether you have half an acre or a window box, you can easily discover what that something is.

Most children have a deep interest in things that grow; they are thrilled when plants first poke through the earth. But before you and your children step into the garden, it's wise to make some plans together. For example, get a colorful seed catalogue and page through it with your children, looking for plants and flowers that appeal to them.

What's the best way to get your youngster started? If you're gardening in containers, let your child collect small stones to provide drainage at the bottom of the pot. Fill the container with potting soil; even a two year old will enjoy that job.

Cherry tomatoes are a good choice for container gardeners. Just be sure that you plant a variety that has a small plant

continued

ILLUSTRATIONS © MARY TERRIZZI

and yields small tomatoes. Another good idea is to buy seeds for special miniature varieties, like baby beets, short carrots, miniature peppers, or egg-size eggplants. Any garden-supply store should be able to tell you where to purchase these dwarf species.

If you have access to a yard, try larger crops. Even kids who think "vegetable" means "yucky" may change their minds after growing pumpkins, potatoes or carrots. And nothing makes "Jack and the Beanstalk" come alive like a row of pole beans spiraling up toward the sky.

Some of my best moments in the garden have been spent raiding the pea patch with my son. We almost never get enough for a meal because we shell them and eat them on the spot. Peas are a good choice because they can be planted very early—as soon as the ground has thawed. Dwarf varieties are child-size and — best of all — they spare you the labor of building a trellis.

Flowers are another treat for children —especially big, bold flowers that produce lots of blossoms per plant. Zinnias, daisies, cosmos, and cornflowers are all easy to grow and make a fine fistful. For fun, put in some snapdragons (the name alone appeals to children), cockscomb (the velvety flowers feel *sooo* nice) or giant pansies (they almost look like little people). Obviously, if children plant the flowers, they should be allowed to pick them at will.

Tips for Tots

Gardening with children requires special sensitivities. Here are a few kid-size tips:

- **When you invite your children to help, give them age-appropriate activities.** At one, my son liked to fill (and empty) pots for planting tomato seedlings. At two, he could plant beans in a furrow. Now five, he proudly hauls fertilizer in his wagon.

Watering is fun for all ages; just be sure to set the hose on dribble or mist, so the plants don't drown.

- **Be imaginative about your child's tasks.** When I hoe, my son relocates the earthworms I turn up. An older child might make row markers by cutting up plastic bottles and decorating them with indelible markers. Children of all ages will enjoy going on a bug hunt, making a scarecrow, building vegetable creatures with extra produce and toothpicks, or delivering a basket of vegetables to the neighbors.
- **Don't insist your child help with weeding.** Little kids can't distinguish between desirable and undesirable plants, and older children's enthusiasm will be dampened.
- **When you buy seeds, check maturity dates.** Nothing is as disappointing for your child as tending beans for weeks, only to have them ripen when he is away at camp or on vacation.
- **Look for varieties that resist local pests and diseases.** Children like to eat produce right from the garden, so don't plant anything that requires pesticides.
- **Be sure your child understands that he shouldn't "taste" the seeds you plant.** Many seeds have been treated with fungicides and other chemicals. Children should also be taught that the only plants they can pick and eat are those grown in the garden, because many landscape plants are poisonous.
- **Whenever you are in the garden together, respect your child's attention span.** Better to put in a row of beans today and a patch of pumpkins tomorrow than to exhaust everyone's patience in one marathon planting session.

Every gardener knows there's always something more to do in the garden. Yet no matter what chores remain undone, spend time with your child simply looking over your window box, or walking in the garden. Feel the sun on your back, ask about the hornworm on the tomato, and marvel together at the colors and textures of the vegetables you've grown.

At these moments, you will be harvesting the most precious item that grows in your garden: your relationship with your child. □

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Taste the difference.
Good Seasons® Salad Dressings are the *freshest*,
because you make them *fresh* yourself.

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GENERAL FOODS USA

Garden-fresh green beans

Now's the time to enjoy the delicate and delightful flavor of fresh green beans—right from your own garden or from the supermarket. And to win compliments, feature them in the trio of recipes below. They're sure to give a lift to your summertime meals.

Photographs: Photography, Inc.

CARAWAY GREEN BEANS

- **16 ounces green beans, cut in pieces (3 cups)**
- **½ cup dairy sour cream**
- **1 tablespoon all-purpose flour**
- **¼ cup milk**
- **2 tablespoons finely chopped onion**
- **½ teaspoon sugar**
- **½ teaspoon salt**
- **4 ounces caraway cheddar cheese, crumbled (1 cup)**

Cook green beans, covered, in a small amount of boiling salted water 25 minutes or till tender. Drain. In a small saucepan blend together sour cream and flour. Stir in milk, onion, sugar, salt, and dash *pepper*. Cook and stir over low heat till mixture bubbles. Add cheese; stir till melted. Pour mixture over hot, drained green beans. Toss to coat. Makes 6 servings.

GREEN BEAN-CHICKEN SALAD

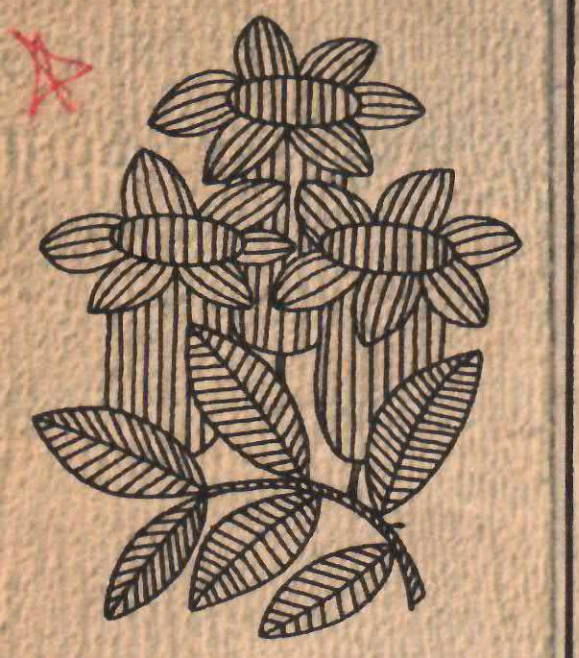
- **2 cups cooked cut green beans, drained and chilled (about 12 ounces fresh)**
- **1 cup cubed cooked chicken, chilled**
- **1 5-ounce can water chestnuts, drained and thinly sliced (⅔ cup)**
- **1 hard-cooked egg, diced**
- **⅓ cup coarsely chopped sweet pickle**
- **¼ cup mayonnaise**
- **1 tablespoon finely chopped onion**
- **1 teaspoon prepared mustard**
- **1 teaspoon sweet pickle juice**

Combine beans, chicken, water chestnuts, egg, and sweet pickle. Stir together mayonnaise, onion, mustard, sweet pickle juice, and 1 teaspoon *salt;* add to bean mixture. Toss lightly. Chill at least 1 hour to blend flavors. Serve in lettuce cups, if desired. Makes 6 servings.

GREEN BEANS PIQUANT

- **16 ounces whole green beans (about 3 cups)**
- **1 medium onion, thinly sliced**
- **1 cup water**
- **½ teaspoon salt**
- **4 slices bacon**
- **3 tablespoons red wine vinegar**
- **2 teaspoons sugar**
- **1 teaspoon worcestershire sauce**
- **¼ teaspoon salt**

In saucepan combine green beans, onion, water, and the ½ teaspoon salt. Cook, covered, 25 minutes or till beans are tender; drain. In skillet cook bacon till crisp, drain, reserving 3 tablespoons bacon drippings. Crumble bacon and set aside. Return reserved drippings to skillet; stir in vinegar, sugar, worcestershire sauce, and the ¼ teaspoon salt. Bring mixture to boiling. Pour sauce over drained beans in saucepan; sprinkle with crumbled bacon. Toss lightly to mix. Cover; return to heat for 2 to 3 minutes to heat through and blend flavors. Serve at once. Makes 6 servings. ■



Greeny Beans Gretel

Cook up an old-country feast with this recipe for tender-crisp

DEL MONTE GREEN BEANS

This is the kind of food that makes women ask for your recipe and men ask for more. So be sure to do it up right with the superb quality of DEL MONTE Green Beans. Pour liquid from 2 No. 303 cans (1-lb. size) DEL MONTE Cut Green Beans; save it. (And take just a second to look at those green, firm yet tender beans. Succulent, stringless and perfectly cooked—DEL MONTE quality all the way.) Slowly fry 2 Tbsp. chopped onion in 2 Tbsp. butter till limp and tender. Combine ¼ cup bean liquid with 2 Tbsp. sugar, 2 Tbsp. vinegar and 2 tsp. cornstarch, saving rest of bean liquid for soups, etc. Add mixture to onions. Cook, stirring, till thickened and smooth. Blend in 1 Tbsp. prepared mustard, 2 tsp. prepared horseradish, 2 Tbsp. chopped pimiento. (Save 2 Tbsp. of sauce to spoon over chicken or meat, if you wish.) Add beans; heat gently till hot. Serves 6. Delicious with noodles and chicken, or veal, lamb or pork. You'll like DEL MONTE® Brand Green Beans served plain, too. DEL MONTE means you get your money's worth, always!

BEANS

Connecticut-grown

Pick of the week

Basics: Pod beans — the kind with pods and an inner seed (the bean) that are tender enough to eat — are harvested before they mature. Connecticut farmers hand-pick rather than machine-harvest their beans. The difference between the two methods is the tenderness of the beans. The personal touch allows picking of younger, more fragile beans. Farms that rely on machines to harvest the crop generally use less tender varieties of beans that can withstand rough machine treatment.

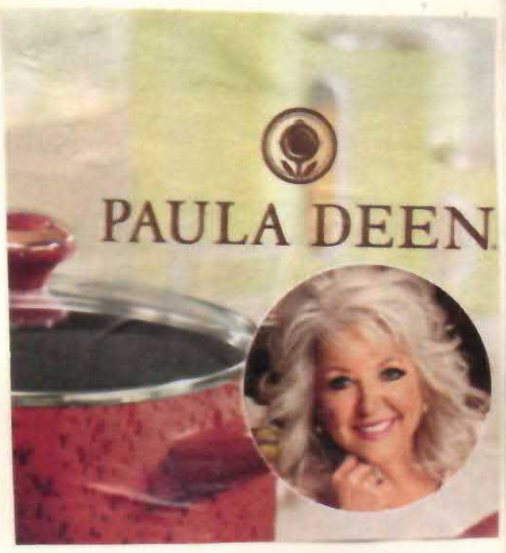
Buying: Green beans, sometimes called string or snap beans, should have a smooth and a crisp snap when bent in half. Look for beans with a fresh green color — unless they are wax beans, which are supposed to be yellow. Reject beans that are lumpy or overly large. One pound of beans will feed four people.

Storing: Store unwashed in a perforated or open plastic bag in the refrigerator's vegetable crisper.

Preserving: Wash the beans and trim the ends. Blanch for three minutes, then transfer to ice water for three minutes to stop the cooking. Package them in freezer bags or containers and freeze.

Nutrition facts: If you like green beans for the flavor and crunch, be satisfied. Although low in calories — 25 calories in 3/4 cup — and sodium-free, this vegetable contains small amounts of vitamin A and not much else.

sprouts in 5 days!



Green Bean Bundles with Bacon Vinaigrette by Paula Deen

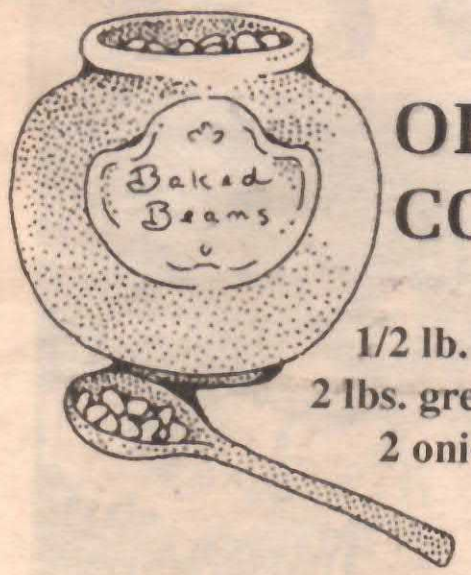
2 quarts water
2 lbs fresh green beans, trimmed
2 large carrots, peeled into thin ribbons
1 lb bacon, cut into ½-inch pieces
2 shallots, minced
¼ cup brown sugar, firmly packed
⅔ cup balsamic vinegar
¼ cup olive oil

Preheat the oven to 350° F. Line a rimmed baking sheet with aluminum foil.

In a large Dutch oven, bring the water to a boil over high heat. Add the green beans and boil until crisp-tender, about 5 minutes. Remove from the heat, drain, and plunge into ice water to stop the cooking.

Wrap 5 or 6 green beans with 1 carrot ribbon. Place seam side down on the prepared baking sheet. Repeat the process with the remaining green beans and carrot ribbons.

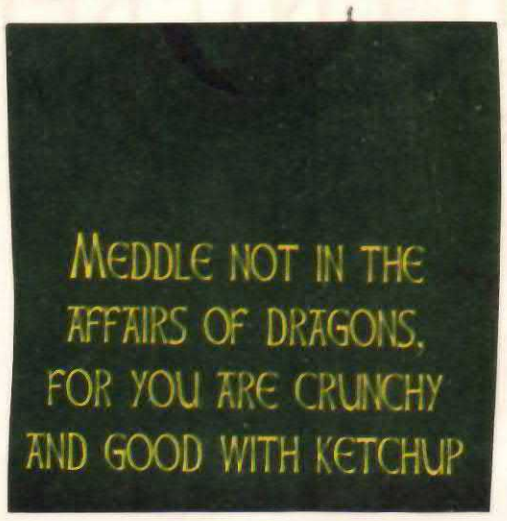
In a large skillet, cook the bacon pieces over medium heat until crispy. Remove from the pan with a slotted spoon and drain on paper towels; set aside. Reserve 3 tablespoons bacon drippings in a skillet and heat over medium heat. Add the shallots and cook for 2 minutes, stirring occasionally. Add the brown sugar and cook for 1 minute. Stir in the balsamic vinegar and cook for 6 minutes. Remove from the heat and stir in the olive oil. Drizzle 1 tablespoon of the hot mixture evenly over the green bean bundles. Bake until green beans are tender, 15 to 20 minutes. Sprinkle with bacon before serving.



OLD-FASHIONED COUNTRY BEANS

1/2 lb. bacon ends, cut in chunks
2 lbs. green beans, cut in halves
2 onions, quartered
1 lb. new potatoes, scraped
1 tsp. sugar
1/4 tsp. cayenne pepper
2 tsp. salt

Place bacon in large saucepan. Cover with water. Boil 20 minutes. Add green beans, onions, salt, sugar and cayenne pepper. Boil 15 minutes. Add potatoes. Boil until potatoes are tender. 6 to 8 servings.



CRUNCHY GREEN BEANS

1 10 ounce box BIRDS EYE Green Beans with Almonds
1 tablespoon vegetable or olive oil
2 teaspoons red wine or cider vinegar
1 teaspoon instant minced onions or 1 tablespoon fresh diced onion
1/3 cup herbed croutons, coarsely crushed

❑ Combine green beans, oil, vinegar and onions, mix well; reserve almonds in packet.
❑ Place mixture in a 1 quart baking dish prepared with non-stick cooking spray.
❑ Combine croutons and almonds from packet. Spread over green bean mixture.
❑ Bake in a 375° oven for 15-20 minutes or until beans are heated through and almonds are golden brown.

Makes 3-4 servings
Prep time:5 Minutes • Cooking time:15-20 minutes

HONG KONG CASSEROLE

This is a most interesting recipe from Alice Kordek of the U.S. Armed Forces, now stationed in Waterloo, Belgium, and we welcome her to our Chicago Daily News chapter.

½ can chow mein noodles
½ can French cut green beans, drained
½ can cream of chicken soup
½ can cream of mushroom soup
½ can water chestnuts, thinly sliced
1 cup sharp cheddar cheese grated

Combine and toss the first 5 items well. Put half in a casserole dish and sprinkle with ½ the cheese. Repeat with other half of mixture ending with the cheese. Bake at 350 degrees for 1 hour or until firm.

■ **Rita Haddad** of **Bridgeport** also wanted a string-bean-and-bacon recipe from Dinah Shore's latest cookbook, "The Dinah Shore American Kitchen." **Linda Llewellyn** of **Marlborough** sends her just that. 8-7-91

SOUTHERN-STYLE STRING BEANS

4 slices lean raw bacon, diced into 1-inchpieces
½ cup thinly sliced scallion rounds
1 pound green beans, washed and trimmed
1 tablespoon cold water
1 teaspoon salt
¼ teaspoon freshly ground black pepper
1½ teaspoons red wine vinegar
2 tablespoons finely cut fresh mint leaves for garnish (optional)

■ Fry the bacon in a 10- to 12-inch skillet, turning frequently until it is brown and crisp and has rendered all its fat. Remove with a slotted spoon and drain on paper towels. Drop the scallions into the fat, and stir occasionally; cook over moderate heat for 3 to 4 minutes, until they are soft but not brown. Remove 1 tablespoon of fat from the skillet, and add the beans, stirring until they are coated with the remaining fat. Add the water, and cover the pan tightly. Cook over low heat for 5 minutes, then uncover the pan and continue to cook until the beans are tender but still resistant to the bite. Sprinkle with and pepper, stir in the vinegar and remove from heat.
■ Serve in a heated dish, garnished with bacon bits and, if you like, with the cut mint leaves. Make this recipe only when the string beans are good and tender.

"Green Beans" (Ray)

Cook green beans* cut in serving size lengths until nearly done.
◇ Fry bacon* until crisp and remove in lg fry pan.
Fry onions in bacon fat until cooked.
Put green beans in fry pan with onions and sprinkle with vinegar. Stir together.
Dish up into veg. dish and toss with crumbled bacon.

* May use canned cut green beans.
* Dice bacon before frying if you'd rather than frying whole slices.

Green Bean Casserole

French's

Prep Time: 10 min. Bake Time: 30 min. Serves: 6

1 ⅓ cups	FRENCH'S® French Fried Onions
1 (10 ¾ oz.) can	CAMPBELL'S® Condensed Cream of Mushroom Soup
¾ cup	milk
⅛ tsp.	pepper
4 cups	cooked cut green beans

MIX soup, milk, pepper, beans and ⅔ cup onions in 1½ qt casserole.
BAKE at 350°F for 25 min. until hot. Stir.
TOP with remaining onions. Bake 5 min.

For more recipes, visit frenchsfoods.com

French's French Fried Onions ORIGINAL

▼ French Green Beans with Mushrooms

CAMPBELL'S CLASSIC GREEN BEAN BAKE

An American tradition for 35 years, now made microwave quick.

1 can Campbell's® Cream of Mushroom Soup	2 pkg. (9 oz. each) frozen cut green beans, cooked and drained
½ cup milk	1 can (2.8 oz.) French fried onions
1 tsp. soy sauce	
Dash pepper	

MICROWAVE: In 1½-qt. microwave-safe casserole, combine soup, milk, soy sauce and pepper. Stir in beans and ½ of the onions. Cover; microwave on HIGH 7 min. or until hot, stirring once during cooking. Sprinkle with remaining onions. Microwave, uncovered, on HIGH 1 min. 6 servings.

CONVENTIONAL: (Pictured above.) Prepare as above. Bake at 350°F. for 25 min.; stir. Top with remaining onions. Bake 5 min.

for 6

M'm! M'm! Good!®

© 1989 Campbell Soup Company

BIRDS EYE

We could have just given you the tenderest, tastiest, greenest green beans and stopped there. Instead, we added spaetzle (intriguing little German-style noodles), and a delicately seasoned sauce with sprinkles of parsley. It makes our Bavarian Recipe the most unforgettable serving of beans that ever sat on the side of your plate.

BIRDS EYE.® THE PICKIEST PEOPLE IN THE FIELD.

Green Beans Provençal

From *The New Basic* by Julie Rosso and Sheila Lukens (Workman, New York, 1989)

Yield: 4 to 6 portions

1 pound fresh, tender green beans*
2 tablespoons olive oil
1 large onion, coarsely chopped
4 cloves garlic, finely chopped
4 large tomatoes, peeled, seeded and coarsely chopped**
½ cup dry white wine
½ cup pitted Niçoise olives
1 tablespoon fresh lemon juice
2 tablespoons coarsely ground black pepper

Bring a saucepan of water to a boil and add the beans. Simmer until crisp-tender, about 3 minutes. Drain, rinse under cold water, and drain again. Set the beans aside.

Heat oil in a large skillet over medium heat and add the onion and garlic. Cook for 5 minutes, then add tomatoes and wine and cook for 20 minutes.

Toss in the olives and reserved beans; heat through, 3 minutes. Sprinkle with lemon juice and pepper and serve immediately.

*I use the frozen *haricots vert* from Trader Joe's

**I use 20 or more grape tomatoes I buy in 2-pound packages called Gourmet Medley at Shop & Shop. These do not need to be peeled or seeded; I just cut them in half. I use them in omelets or scrambled eggs and salads.

Lee White

Green Beans Superb

There's a superb sauce poured over that absolutely makes you forget you've had green beans so often—

2 tablespoons chopped onion
1 tablespoon chopped green pepper
3 tablespoons fat
3 tablespoons enriched flour
1 teaspoon salt
Pepper
½ teaspoon paprika
1 cup top milk
½ cup bean liquor
1 pimiento, chopped
¼ cup grated American cheese
2 cups hot cooked green beans

Cook onion and green pepper in hot fat until onion's golden. Add flour and seasonings; blend. Gradually add milk and cooking liquor from beans; cook over low heat until thick, stirring constantly. Remove from heat. Add pimiento and cheese; stir until cheese melts. Pour over beans. Serves 6.

SO EASY!
Del Monte Quality SPECIALTIES
FreshCut™ BRAND Specialties.
Sensational, Satisfying and Simple!
HOLIDAY GARDEN SAUTE
Prep time: 5 minutes Cook time: 10 minutes Servings: 4
1 cup chopped onion
1 green or red bell pepper, cut in strips
1/4 tsp. oregano or basil
1 Tbsp. oil
1 can (14 1/2 oz.) Del Monte® FreshCut™ Whole Green Beans, drained
1. Sauté onion, pepper and oregano in oil in skillet until tender crisp.
2. Add green beans; heat through. Garnish with almonds, if desired.
Del Monte Quality FreshCut SPECIALTIES WHOLE GREEN BEANS

POLE BEANS AMANDINE

1 pound green pole beans, washed
1 teaspoon salt
Water
¼ cup butter or margarine
2 tablespoons coarsely chopped, peeled onion
⅓ cup thinly sliced celery
2 tablespoons slivered, blanched almonds

Remove and discard ends from beans. Cut beans into 1-inch pieces. In a large saucepan combine beans, salt and enough water to barely cover beans. Place over moderate heat (about 250° F.). Cover and simmer about 15 minutes, until beans are fork-tender. Drain. Meanwhile in a small saucepan melt butter over moderate heat (about 250° F.). Add onion, celery and almonds. Cook, stirring frequently, until almonds are lightly browned. Toss drained beans with almond-butter mixture. Makes 4 servings.

PINTO BEANS

2 slices raw bacon
¾ cup thinly sliced, peeled onion
¾ cup thinly sliced celery
2 pounds fresh pinto beans, shelled and rinsed
1 16-ounce can tomatoes
1 4-ounce can mushroom stems and pieces, undrained
¼ teaspoon salt
¼ teaspoon dried oregano leaves
¼ teaspoon dried basil leaves
⅛ teaspoon chili powder
½ teaspoon sugar (optional)

In a large saucepan or Dutch oven cook bacon until crisp over moderately high heat (about 325° F.). Remove bacon; crumble pieces and set aside. Drain off all but 1 tablespoon of the bacon drippings. Return saucepan with the drippings to the heat. Add onion and celery and cook, stirring frequently, until the onion is lightly browned. Add remaining ingredients and bring to a boil. Reduce heat to moderate (about 250° F.). Cover and simmer, stirring occasionally, about 1¼ to 1½ hours, until the beans are tender. Stir in crumbled bacon the last 15 minutes of the cooking time. Makes 4 to 6 servings.

Green Beans with Orange Beurre Blanc

Makes 8 servings. ***Working time*** *20 min.* ***Total time*** *20 min.*

Blanch ¾ pound **green beans** in boiling salted water for 3 minutes. Drain and immediately plunge into cold water for 30 seconds. Remove and set aside. Place ½ medium finely chopped **shallot,** 1 tablespoon **white wine vinegar,** and 2 tablespoons dry **white wine** in a small pot and bring to a simmer over medium heat until reduced by two-thirds, about 3 minutes. Reduce heat to low and whisk in 8 tablespoons cold **unsalted butter,** incorporating each tablespoon fully before adding the next. Remove from heat. Add 2 tablespoons frozen **orange juice concentrate,** ½ teaspoon **salt,** and ¼ teaspoon freshly ground **pepper.** Pour over green beans and serve immediately.

Buttery New Way to Pan-Fry!

Now, sizzle-in buttery flavor as you fry. Just pour polyunsaturated Buttery Flavor Oil in skillet. Add seasonings. Fry buttery!

BUTTERY FLAVOR GREEN BEANS

To ¼ cup Buttery Flavor Oil in skillet, stir in 1 Tablesp. soy sauce, 1 Tablesp. sherry, ½ teasp. salt, ⅛ teasp. pepper. Heat. Add 2 packages thawed frozen green beans. Cover. Sizzle Season Fry about 8-10 min. or until tender.

Green Bean Bake, at 40, still as popular as ever

In this age of garlic mashed potatoes and still-crunchy ginger broccoli, a recipe calling for a can of condensed cream of mushroom soup, frozen green beans and french-fried onion seems terribly dated.

Don't be so quick to judge. The casserole known as Green Bean Bake — Campbell Soup Co.'s most requested recipe — celebrates its 40th birthday this Thanksgiving. That bubbling casserole with the golden onion garnish is still on the active-duty list in many American kitchens.

POP ALERT

Based on a recent national survey, Campbell's projects that about 20 million Green Bean Bakes will appear on holiday tables this season. The survey found that half of all Americans have tasted the casserole, while 38 percent think it is a festive holiday dish.

Campbell's home economists developed the recipe in 1955, the year Dwight D. Eisenhower was campaigning for another turn as president and "Rock Around the Clock" was climbing the pop charts.

Dorcas Reilly, a home economist in Campbell's Test Kitchens at the time, created the recipe. Her official title was test kitchens manager, but she would eventually become known as the "grandmother of the Green Bean Bake."

Although her staff struggled with such weighty decisions as whether the onions should be mixed into the casserole or sprinkled on top, they concurred that the main ingredients were most basic. "There were fewer vegetables at that time, but nearly every family served green beans," she says. "Cream of mushroom soup also was very popular, and cooks felt very comfortable using it in recipes."

The recipe has undergone few changes over the years. But the people in Campbell's Test Kitchens have made some concessions to changing tastes in the '90s. Frozen vegetables are allowed, and a variation suggests using Campbell's lower-fat Healthy Request Cream of Mushroom Soup.

Campbell Soup Co.

■ An estimated 20 million Green Bean Bakes will be served on holiday tables this season.

CAMPBELL'S GREEN BEAN BAKE

- **1 10 3/4-ounce can Campbell's condensed cream of mushroom soup**
- **1/2 cup milk**
- **1 teaspoon soy sauce**
- **Dash pepper**
- **4 cups cooked cut green beans**
- **1 2.8-ounce can french-fried onions**

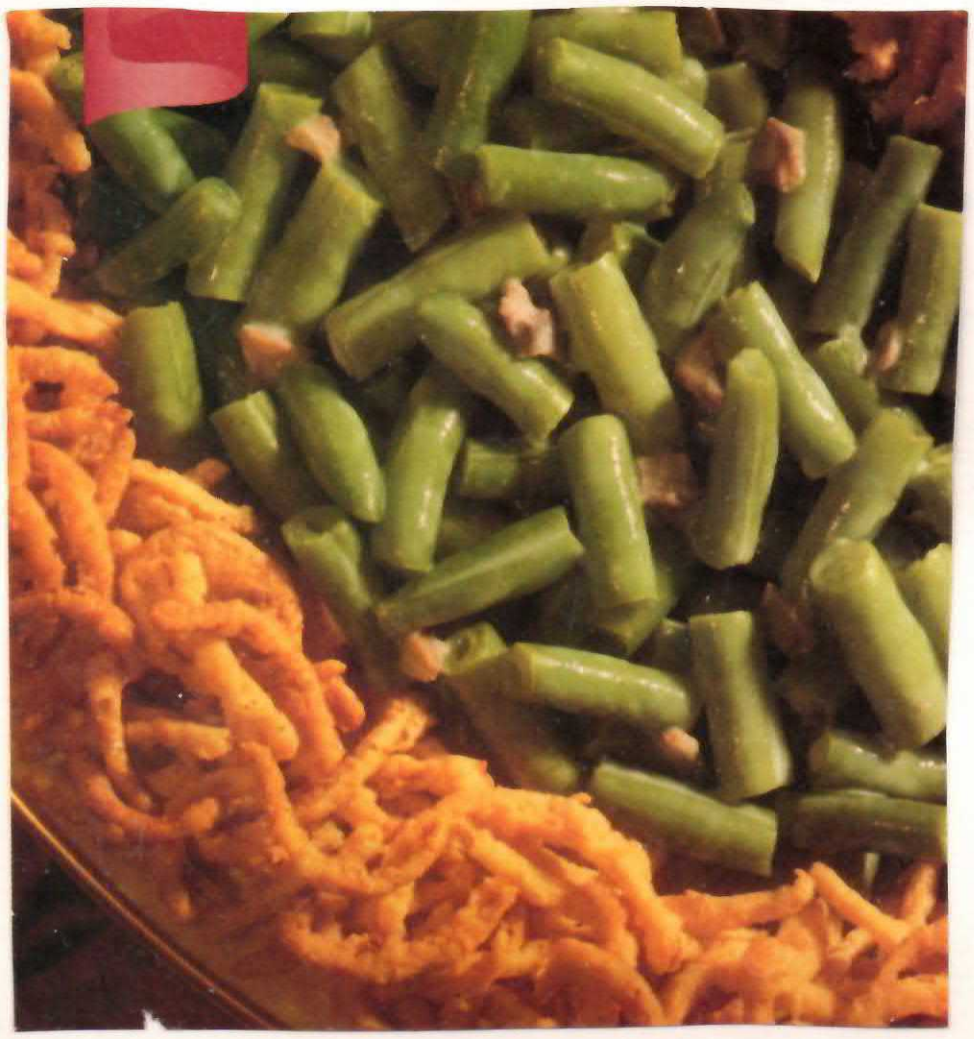
■ In a 1 1/2-quart casserole, mix soup, milk, soy sauce, pepper, beans and half of the onions. Bake at 350 degrees F for 25 minutes, or until hot.

■ Stir, then sprinkle remaining onions over bean mixture. Bake 5 minutes more, or until onions are golden. Serves 6.

■ Tip: use one 16-ounce bag frozen cut green beans, two 10-ounce packages frozen cut green beans, two 16-ounce cans cut green beans, drained, or about 1 1/2 pounds of fresh green beans for cooked beans.

Variation: Substitute Campbell's Healthy Request Cream of Mushroom Soup, reduce milk to 1/4 cup and onions to 2 tablespoons crushed; add 1 teaspoon onion powder and top with crushed onions.

— Linda Guica



Original Green Bean Casserole

Prep Time: 5 min. • Cook Time: 35 min.

10 3/4 oz. can CAMPBELL'S® Condensed Cream of Mushroom Soup
3/4 cup milk
1/8 tsp. pepper
*2 pkgs (9 oz. each) frozen cut green beans, thawed**
1 1/3 cups FRENCH'S® French Fried Onions

1. In 1 1/2-qt. casserole, combine soup, milk and pepper; mix well. Stir in beans and *2/3 cup* french fried onions.
2. Bake at 350° F. 30 min. or until hot.
3. Stir. Sprinkle with *2/3 cup* onions. Bake 5 min. or until onions are golden. Makes 6 servings.

*OR 2 cans (14.5 oz. each) cut green beans, drained.

with Soy Sauce

THE DISH THAT PEOPLE GO
OVER THE RIVER
AND THROUGH THE WOODS FOR.

KIKKOMAN
TAKUMI

Green Bean Casserole

Prep: 10 min. Bake: 30 min. Makes: 12 servings

- 2 cans (10¾ oz. **each**) *Campbell's*® Condensed Cream of Mushroom Soup (Regular, 98% Fat Free **or** Healthy Request®)
- 1 cup milk
- 2 tsp. soy sauce
- ¼ tsp. ground black pepper
- 8 cups cooked cut green beans
- 2⅔ cups French's® French Fried Onions

1. Stir soup, milk, soy sauce, black pepper, beans and **1⅓ cups** onions in 3-qt. casserole.
2. Bake at 350°F. for 25 min. or until bean mixture is hot and bubbling. Stir bean mixture. Sprinkle with remaining onions.
3. Bake 5 min. or until onions are golden brown.

for 12

Dinner Rolls

Most Popular Side

Seed-Topped Dinner Rolls

Everyone loves rolls, and these whole-wheat ones are addictive.

Work: 40 min **Total:** 2 hr 45 min

2 tsp fennel seeds, crushed
1 tsp black sesame seeds
2 tsp poppy seeds
2 tsp regular sesame seeds
2 tsp flax seeds
2 tbsp sunflower seeds
2 pkgs (1½ tbsp) active dry yeast
2¼ cups warm water (110° to 115°F)
½ cup sugar
2 tsp salt
¼ cup shortening
2 large eggs
3 cups whole-wheat flour
3½ to 4 cups all-purpose flour

1. Combine all seeds; set aside. In a mixing bowl dissolve yeast in warm water. Add sugar, salt, shortening, eggs and whole-wheat flour. Beat until smooth. Stir in all-purpose flour to form a soft dough; add the extra ½ cup if dough is very sticky.

2. Mix until dough is smooth and elastic, about 5 min; or knead by hand 6 to 8 min. Place dough in a greased bowl, turning once to grease top. Cover and let rise in a warm place until doubled, about 1 hr.

3. Heat oven to 375°F. Turn dough onto a lightly floured surface and divide into four pieces. Divide each piece into 12 and roll into balls. Place ½ inch apart in greased baking pans. Cover and let rise until doubled, about 25 min. Brush with egg wash (an extra egg and 1 tbsp water whisked together) and sprinkle with seed mixture. Bake until golden brown, 11 to 15 min.

4. Rolls can be made ahead, up to a day, and left in pans. Before serving, cover with foil and warm in oven.

MAKES 4 DOZEN

Per roll: 84 calories, 1.5 g total fat, 0 sat fat, 103 mg sodium, 15 g carbs, 9 mg chol, 2 g protein, 1 g fiber

NEW WAYS TO SERVE KIDNEY BEANS

APPLE-BEAN SLAW

1 small head green cabbage
¼ cup mayonnaise
1 tablespoon catchup
1 teaspoon lemon juice
⅛ teaspoon salt
½ 15¼- to 19-ounce can red kidney beans (1 cup), drained
1 medium-sized Red Delicious apple, cut into matchstick-thin strips

AT LEAST 20 MINUTES BEFORE SERVING OR DAY AHEAD:

1. For garnish, remove 6 or 8 outer leaves from cabbage and reserve. Shred ¼ of cabbage (about 2 cups); use remaining cabbage in salad or stew another day. In large bowl, stir mayonnaise, catchup, lemon juice, and salt. Add cabbage, beans, and apple; toss gently until well coated; cover and refrigerate.

2. To serve, line platter or bowl with reserved leaves and fill with slaw mixture. Makes 8 accompaniment servings.

Each serving: About 90 calories, 6 g fat, 4 mg cholesterol, 150 mg sodium.

BEAN RELISH

3 15¼- to 19-ounce cans red kidney beans, drained
2 12-ounce cans whole-kernel corn
1½ cups cider vinegar
1 cup sugar
3 medium-sized onions, sliced
2 teaspoons salt
2 teaspoons mustard seeds
1 teaspoon cracked black pepper
3 tablespoons cornstarch

ABOUT 4½ HOURS BEFORE SERVING OR DAY AHEAD:

1. In large bowl, combine beans, and corn with its liquid; set aside.

2. In 2-quart saucepan over medium heat, heat vinegar, sugar, onions, salt, mustard seeds, and cracked pepper to boiling. Cover and cook until onions are tender, about 5 minutes.

3. Meanwhile, combine cornstarch and *1 cup water* until blended. Gradually add cornstarch mixture to vinegar mixture and cook, stirring constantly, until mixture boils. Boil 1 minute; remove from heat. Pour vinegar mixture over bean mixture and stir to mix well.

4. Cover and refrigerate about 4 hours or overnight, stirring occasionally. Makes about 9 cups relish.

Each ¼ cup serving: About 75 calories, 0 g fat, 0 mg cholesterol, 235 mg sodium.

ZESTY BEANS

2 tablespoons margarine or butter (¼ stick)
1 15¼- to 19-ounce can red kidney beans, drained
1 green onion, chopped
1 tablespoon chopped fresh dill or 1 teaspoon dried dill weed
¼ teaspoon salt

ABOUT 10 MINUTES BEFORE SERVING:

In 2-quart saucepan over medium heat, in hot margarine or butter, cook kidney beans, green onion, dill, and salt until heated through, about 5 minutes. Makes 4 accompaniment servings.

Each serving: About 160 calories, 6 g fat, 0 mg cholesterol, 410 mg sodium.

INSTITUTE/FOOD/ELIZABETH VOUGHT

Swallow Cruises

September 10, 17, and 24, 2017

CHILI CON CARNE
(315 calories per serving)

1 tablespoon salad oil
1 clove garlic, thinly sliced
1 cup chopped onion
2 cups sliced celery
½ cup chopped green pepper
1 pound round, ground
1 1-pound can kidney beans, drained
2 1-pound cans tomatoes
½ teaspoon salt or hickory-smoked salt
chili powder

STAPLES®

And Jesus said to him, "Go your way;
your faith has made you well."
And immediately he received his sight
and followed Him on the way.

— Mark 10:52

Quick Homemade Chili

2 Tablesp. Wesson Oil
½ clove garlic, minced
1 lb. ground beef
1 (15½-oz.) can kidney beans, undrained
½ cup chopped onion
½ medium green pepper, chopped
2 (8-oz.) cans Hunt'sauce
1 teasp. salt • 1 to 2 teasp. chili powder

Heat Wesson in large skillet; add garlic and ground beef; stir until meat loses its red color. Pour off excess fat. Add beans with their liquid, onion and green pepper. Stir in Hunt'sauce, salt and chili powder. Simmer over low heat, stirring occasionally, until chili is desired thickness, about 45 minutes. Makes 4 servings.

• • •

You can make something new *anytime*. Just take the same old thing (like hamburger, macaroni, stew) and let it simmer in Hunt's Tomato Sauce.

Out will come a new dish.

Hunt's is the good, thick sauce from red-ripe tomatoes. Kettle-simmered with Hunt's own blend of herbs and spices.

Nobody else has the recipe.

Take your pick from three Hunt's Tomato Sauces (Regular, with Mushrooms, with Cheese) and make something new tonight.

HUNT-WESSON FOODS FULLE

by Adeline Garner Shell, Home Service Director

True Story MEALTIME MAGIC FROM A PACKAGE

PINEAPPLE-NUT BUNS

Makes 12
Preheat oven to 375°F.
Combine in a bowl:

¾ cup crushed pineapple, well drained
½ cup firmly packed brown sugar
½ cup soft butter
¼ cup chopped pecans
1 teaspoon cinnamon

Mix until blended. Divide evenly among 12 ungreased muffin cups. Set aside.
Separate:

1 package (8 oz.) refrigerated flaky biscuits

Place one biscuit on top of pineapple mixture in each muffin cup. Bake at 375°F. for 15-20 minutes, or until golden brown. Allow to cool 5 minutes. Remove from pan. Serve pineapple side up.
From: B. Miller, Illinois

CHEESEBURGER TURNOVERS

Makes 5
Preheat oven to 375°F.
Combine in a skillet:

½ pound lean ground beef
1 tablespoon chopped onion
½ teaspoon salt
Dash pepper

Cook over low heat, stirring with a fork to break up meat, until meat is browned and onion is tender. Remove from heat. Set aside.
Separate:

1 package (8 oz.) refrigerated buttermilk biscuits

Place 2 biscuits slightly overlapping each other, on a well floured board. Using a rolling pin, roll over both biscuits at the same time. Continue to roll until biscuits look like a squat figure 8. Place 2 tablespoons of the meat mixture on one side of the double rolled biscuits.
Top meat mixture with:

½ slice American cheese

Moisten biscuit edges with water. Fold over and press edges together with a fork. Place on ungreased cookie sheet. Prick with a fork to allow for the escape of steam. Bake at 375°F. for 15-20 minutes, or until golden brown. Serve hot.
From: Mrs. G. Galbraith, New York

MENU SUGGESTION

Cheeseburger Turnovers
Tossed Green Salad
Fruited Gelatin Oatmeal Cookies
Coffee Tea Milk

FOLD OVER HASH

Makes 5
Preheat oven to 425°F.
Combine in a bowl:

1 can (15½ oz.) corned beef hash
2 tablespoons chili sauce
1 tablespoon minced onion
1 teaspoon monosodium glutamate

Mix until blended. Set aside.
Separate:

1 package (8 oz.) refrigerated buttermilk biscuits

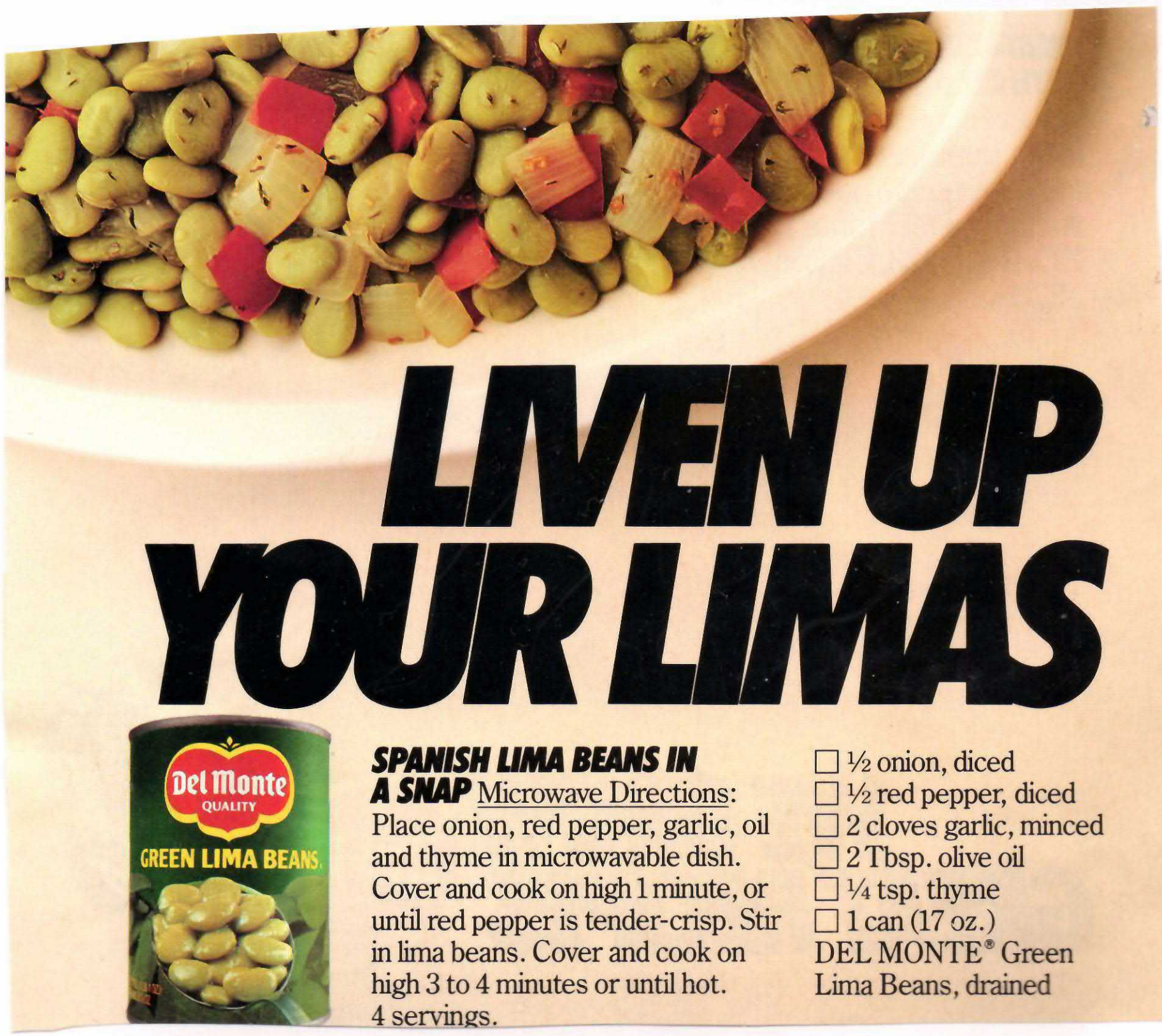
Place 2 biscuits slightly overlapping each other, on a well floured board. Using a rolling pin, roll over both biscuits at the same time. Continue to roll until biscuits look like a squat figure 8. Place 2 tablespoons of the meat mixture on one side of the double rolled biscuits. Moisten biscuit edges with water. Fold over and press edges together with a fork. Place on ungreased cookie sheet. Prick with a fork to allow for the escape of steam. Bake at 425°F. for 10-12 minutes, or until golden brown.
From: N. Mitcham, New Mexico

BISCUIT TART SHELLS

You can make quick tart shells, to be filled with creamed chicken, tuna salad or fruit, by rolling refrigerated biscuits thinly. Turn a 12 cup muffin tin upside down. Grease. Shape 1 rolled biscuit over each cup. Prick with fork. Let rest for 10 minutes. Bake at 400°F. for 10-12 minutes.

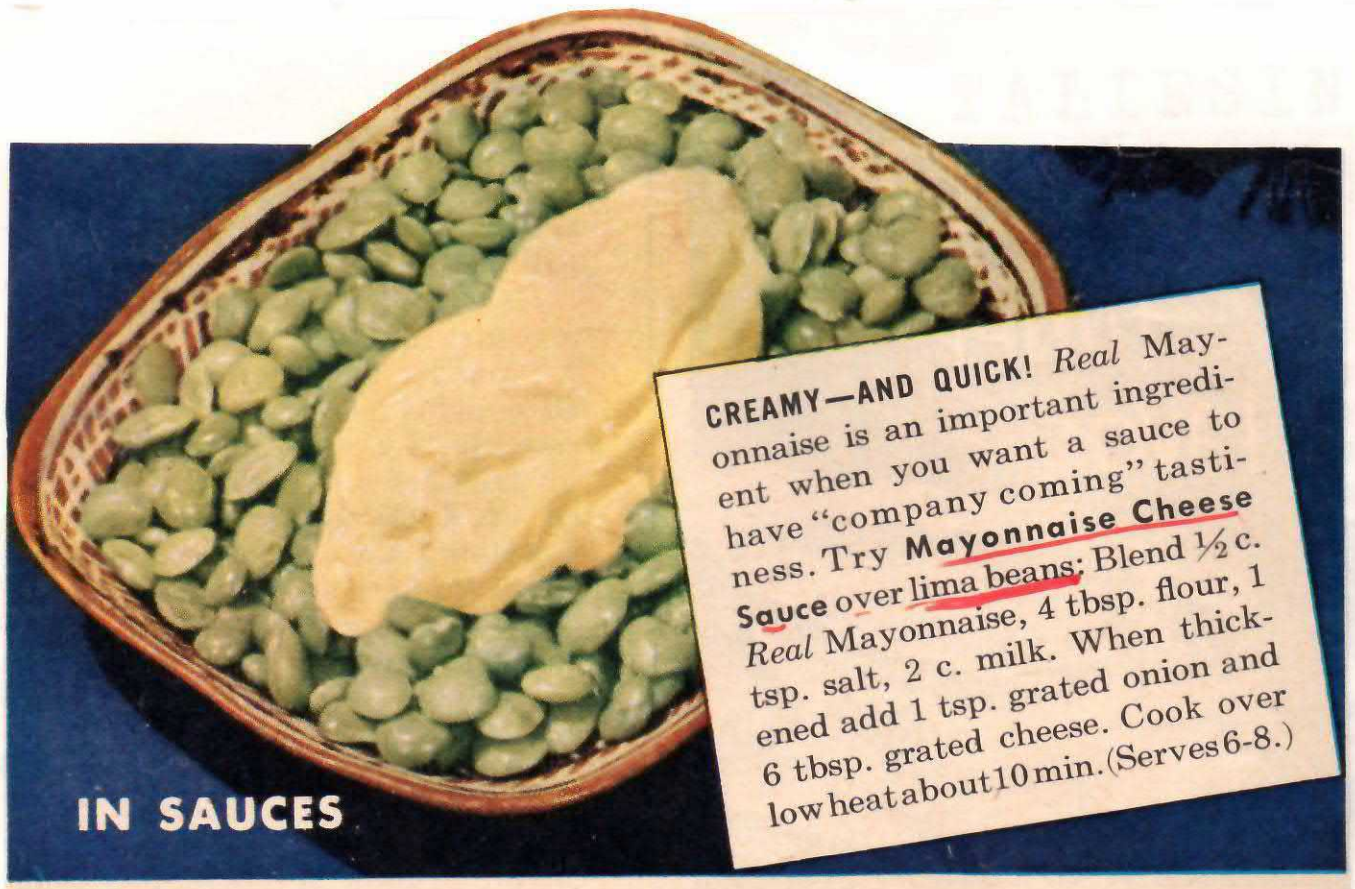
TUI DE ROY (MINDEN PICTURES)

SCARLET MACAW - PERU, S.AMERICA



SPANISH LIMA BEANS IN A SNAP Microwave Directions: Place onion, red pepper, garlic, oil and thyme in microwavable dish. Cover and cook on high 1 minute, or until red pepper is tender-crisp. Stir in lima beans. Cover and cook on high 3 to 4 minutes or until hot. 4 servings.

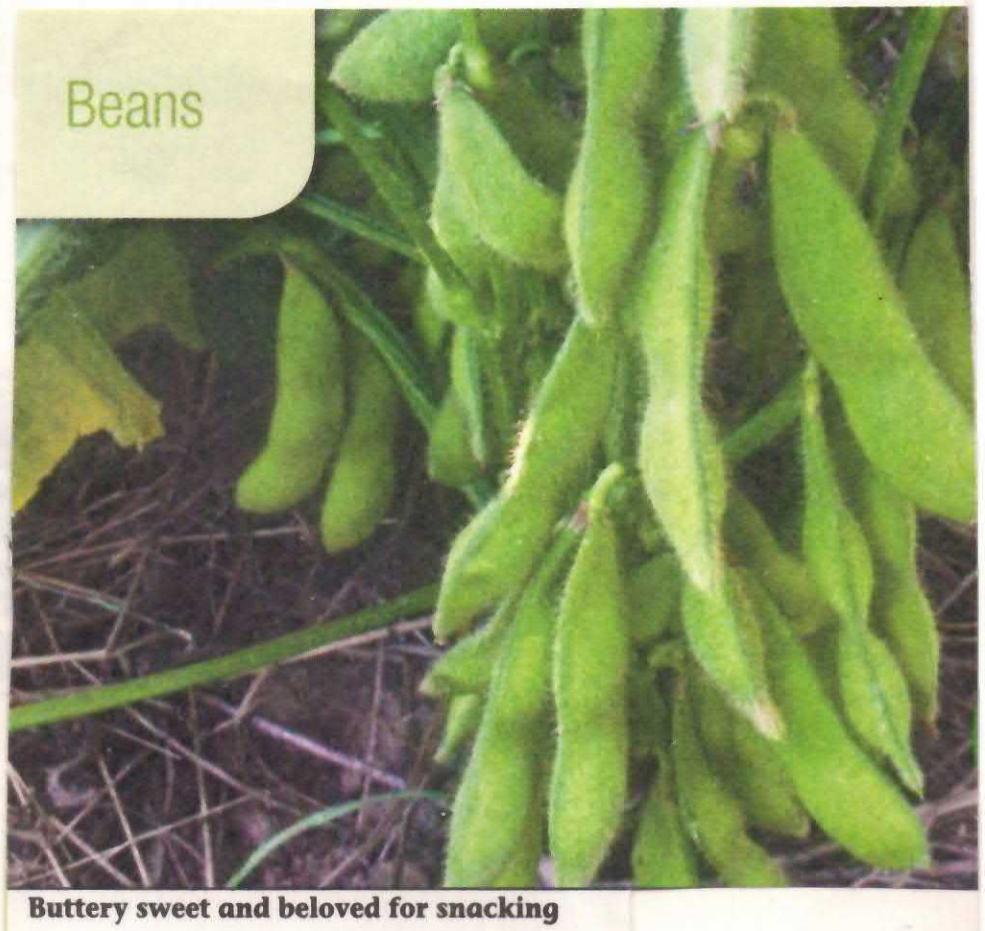
- ☐ ½ onion, diced
- ☐ ½ red pepper, diced
- ☐ 2 cloves garlic, minced
- ☐ 2 Tbsp. olive oil
- ☐ ¼ tsp. thyme
- ☐ 1 can (17 oz.) DEL MONTE® Green Lima Beans, drained



CREAMY—AND QUICK! *Real* Mayonnaise is an important ingredient when you want a sauce to have "company coming" tastiness. Try **Mayonnaise Cheese Sauce** over lima beans: Blend ½ c. *Real* Mayonnaise, 4 tbsp. flour, 1 tsp. salt, 2 c. milk. When thickened add 1 tsp. grated onion and 6 tbsp. grated cheese. Cook over low heat about 10 min. (Serves 6-8.)

BEST FOODS *Real Mayonnaise* HELLMANN'S

IN THE EAST
IN THE WEST



Buttery sweet and beloved for snacking

Organic Edamame Shirofumi Soybean

The buttery, sweet flavor of this highly nutritious edible soybean is why so many enjoy it as a snack or added to soups, salads and other dishes. Beans reach their maximum sweetness about a month after flowering. Steam or boil; shell beans

ORANGE BAKED LIMAS

1-1/3 cups (1/2 pound) large dried limas
6 cups water
1/2 cup tomato sauce
1 tablespoon soy sauce
1/4 cup packed brown sugar
1/4 cup orange juice
1/2 teaspoon salt
1 small onion, chopped
2 ounces salt pork

Pick over beans, rinse and put in kettle or Dutch oven. Add the water, bring to boil, cover and let stand 1 hour. Cook until tender. Turn beans with the liquid into 1-1/2-quart bean pot or casserole. Mix tomato sauce, soy sauce, sugar, orange juice, salt and onion and stir into beans. Scrape excess salt from pork or rinse pork under cold water. Cut through rind at 1/2-inch intervals, then bury pork in beans. Cover and bake in 250° oven 5 hours, adding water as needed to keep beans moist. Uncover and bake about 30 minutes. Makes 4 servings.

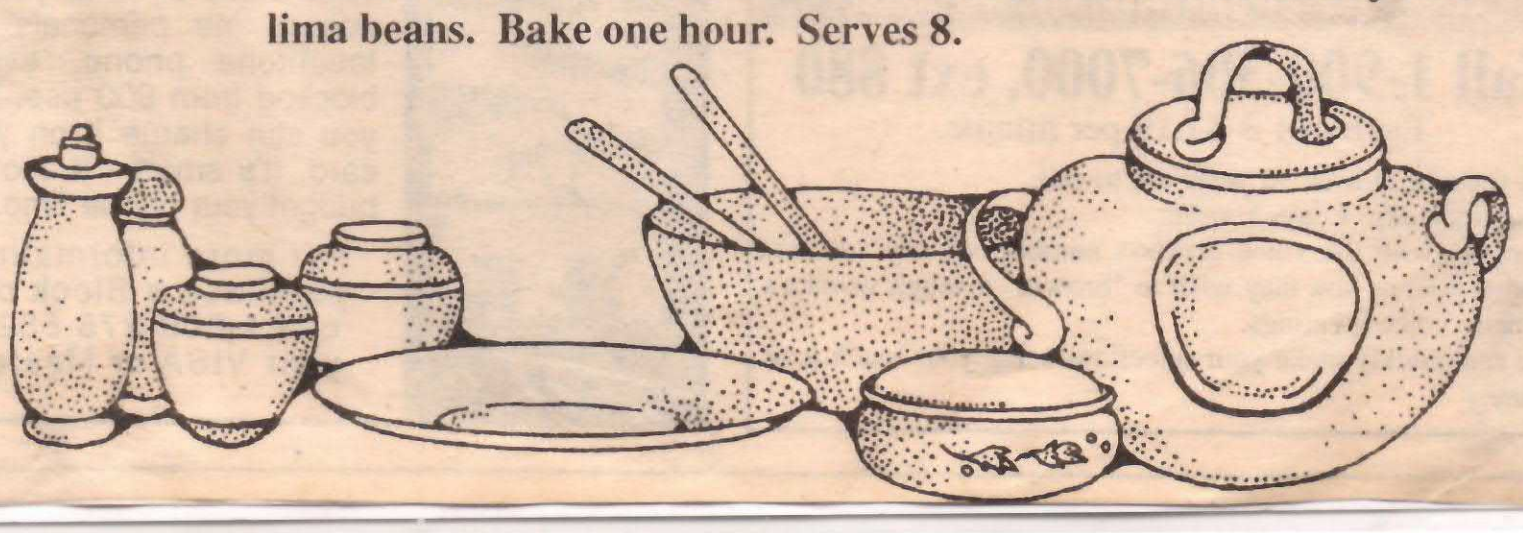
OLD-FASHIONED BAKED LIMA BEANS

3 cups large dried lima beans
2 quarts boiling water
1 bay leaf
2 sprigs celery leaves
5 sprigs parsley
3/4 lb. salt pork, sliced
1/3 cup sorghum molasses
1/4 cup firmly packed brown sugar
2 tsp. dry mustard
2 tsp. salt
1/8 tsp. pepper
1 medium onion, chopped
1/2 cup sherry wine

Rinse lima beans. Add to boiling water in large saucepan. Boil 2 minutes. Cover. Let stand one hour. Tie together bay leaf, celery leaves and parsley. Add to lima beans. Boil one hour. Drain lima beans, reserving 1 1/2 cups liquid.

Heat oven to 250°F. Arrange drained lima beans and sliced pork in layers in 2-quart baking dish with slices of pork on top. Combine molasses, brown sugar, dry mustard, salt, pepper and onion with 1 1/2 cups liquid from lima beans. Pour over lima beans. Cover.

Bake at 250°F for 2 1/2 hours. Remove cover. Pour sherry over lima beans. Bake one hour. Serves 8.



Here's a recipe to use some of the wax beans. Don't cook them too long - they are done in a few minutes unlike green beans.

WAX BEANS

Serves 4 to 6

Cut and cook one pound of beans until just tender, drain. Melt ¼ cup of butter in a skillet and saute beans until heated through. Sprinkle with 2 tablespoons finely minced parsley, a few drops of lemon juice, and salt and pepper to taste.

Say "Hello" to all my friends up there. Ask Madeline when she's coming to see me.

Well must get going - miss you being around - from your pins & needles mumby wife

Don't forget IRON BOARD BOW - TRELLIS

Love, Rhea

FRUIT OF THE VINE NOTES
Current, Inc.
COLORADO SPRINGS, COLORADO 80941

Earth Almanac

BY TED WILLIAMS

1 | Our Cottontail

Throughout southwestern North America, from northern Montana to central Mexico and west to the Pacific, Audubon's cottontails (named in honor of John James Audubon) are multiplying like, well, rabbits. These long-eared, medium-sized lagomorphs breed in every month, sometimes producing five litters a year. The gestation period is about a month, and there can be as many as five young per litter. Like most species that compensate for heavy predation by pumping out lots of offspring, the Audubon's cottontail is short-lived, seldom surviving more than two years. However, its fecundity together with an ability to adapt to radically diverse habitats—from high-country grasslands to low, sun-blasted badlands, even to the lawn under your bird feeder—has enabled the species to achieve great success. Audubon's cottontails are especially fond of prairie dog towns, where they appropriate the burrows and take advantage of the forbs and grasses that thrive in the excavated earth. Unlike other rabbits, they're proficient climbers, sometimes scaling leaning trees. Midday heat usually drives them to their burrows, so look for them at dawn and dusk.

BEETS, UNEARTHED

This gem of a vegetable offers a splash of color and subtle sweetness in borscht and beyon

TEXT BY LAURA WALLIS PHOTOGRAPHS BY JAMES WORRELL

RED DELICIOUS
Deep-red beets get their scarlet color from a pigment called betacyanin, which is known to be effective at fighting cancer.

BOLD TONES
Golden and pink-striped beets round out the palette. Don't forget the greens: They have a crisp bite akin to Swiss chard.

BY ALL RIGHTS, beets should be among the most popular picks at the farm stand. They are a nutritional powerhouse, packed with folic acid, potassium, and antioxidants, and boast a natural, mild sweetness. Plus, their jewel tones have major plate appeal. But beets suffer from a public relations problem. Generations of us grew up knowing them only from a can—bland and flabby. And that's a shame. Fresh, flavorful beets are easy to find, especially from late spring through fall, when they're at their peak. For a cook, they're no harder to handle than a potato. Need convincing? Try these recipes. From quick pickled beets to a hearty Ukrainian borscht, this versatile root shines.

When shopping, you'll likely find a wide selection, including familiar crimson beets, white and yellow ones, and the candy-cane-striped Chioggia variety; these can be used interchangeably. Look for beets that are firm and not too big, with taut, smooth skins and greens that look fresh enough to eat (and do so). If you can, snap up baby beets; they're a tender treat.

But remember: Beets make a deep natural dye. If you're not a fan of their famously bright hues, cover your work surfaces. Then start peeling, slicing, and grating. You really should eat your beets.

BEETS AS A FIRST COURSE

WELCOME CONTRASTS
Parmesan dressing provides a salty, creamy counterpoint to roasted beets and peppery greens.

SOLID FOUNDATION
Sliced beets serve as the base in this salad, both in flavor and in composition. The remaining elements are assembled on top.

WARM BEET SALAD WITH PARMESAN DRESSING

SERVES 4

The dressing is made with Banyuls vinegar (lepicerie.com), a French version made from sweet wine. It is mellower than red-wine vinegar.

- 2 shallots, minced
- ¼ cup extra-virgin olive oil
- 3 tablespoons Banyuls vinegar or red-wine vinegar
- 4 medium red beets, scrubbed well and trimmed
- ½ bunch plus 2 stems fresh thyme
- Coarse salt and freshly ground pepper
- 4 ounces Parmesan cheese, coarsely grated (2 cups)
- 1 cup heavy cream
- 3 cups watercress or baby mesclun
- ¼ cup pistachios, coarsely chopped

1. Preheat oven to 375°. Combine shallots, 2 tablespoons oil, and the vinegar in a bowl. Line a piece of foil with parchment. Place beets and ½ bunch thyme in center, drizzle with remaining 2 tablespoons oil, and season with salt and pepper. Fold, crimping edges to seal, place on a baking sheet, and roast until beets are tender, about 1 hour. Let beets cool slightly, then peel. Cut beets into ¼-inch-thick slices.

2. Place Parmesan, cream, and remaining 2 stems thyme in a medium saucepan over medium-low heat. Gently simmer, stirring often, until cheese melts and dressing is thick, about 5 minutes. Discard thyme. Place beets on a serving platter. Drizzle with warm dressing, top with greens, then drizzle with shallot mixture. Sprinkle pistachios on top, and serve immediately.

MORE BEETS ONLINE

Can't get enough of this delicious vegetable? We've dug up our favorite beet dishes from our archives. For the recipes, visit marthastewart.com/beets.

RED FLANNEL HASH CAKES Crisp patties of shredded beets, Yukon Gold potatoes, and smoked bacon are great for brunch or dinner.

BEET RAVIOLI STUFFED WITH RICOTTA, GOAT CHEESE, AND MINT Handmade pasta dough mixed with golden or red beets takes on a captivating hue. Inside, a decadent filling offsets the pasta's subtle sweetness.

CAVATELLI WITH BEETS AND SWISS CHARD This nutrient-rich dish is delicious at room temperature, making it perfect for a crowd. The creamy goat cheese garnish can be warmed under the broiler before serving.

ROASTED-BEET-AND-TOMATO PURÉE WITH ORANGE With an inviting crimson tone and just a hint of citrus, this eye-catching side walks the line between sweet and savory.

ROBUST BEAUTY
Heartier than the chilled version, this borscht makes for a satisfying dish, thanks to an addition of short ribs.

SENSORY SPLENDOR
Grated beets give the soup added texture, not to mention a vibrant magenta hue.

BEETS AS A LIGHT SUPPER

UKRAINIAN BORSCHT

MAKES 3 QUARTS; SERVES 6 TO 8

- ¼ cup plus 2 tablespoons extra-virgin olive oil
- 2 pounds short ribs
- Coarse salt and freshly ground pepper
- 2 medium onions, diced
- 1 cup dry white wine
- 4 cups homemade or store-bought low-sodium chicken stock
- 5 garlic cloves, minced
- 1 celery root, cut into ½-inch cubes
- 2 medium carrots, cut into ¼-inch slices
- ½ pound cabbage, shredded
- 2 pounds beets, scrubbed well, trimmed and coarsely shredded with a box grater
- 5 cups water
- 1 tablespoon tomato paste
- 3 tablespoons fresh lemon juice
- 3 tablespoons red-wine vinegar
- 2 tablespoons chopped parsley, for garnish

1. Preheat oven to 300°. Heat ¼ cup oil in a Dutch oven over medium-high heat. Season ribs with salt and pepper. Working in batches, brown ribs, 3 to 4 minutes per side; set aside.

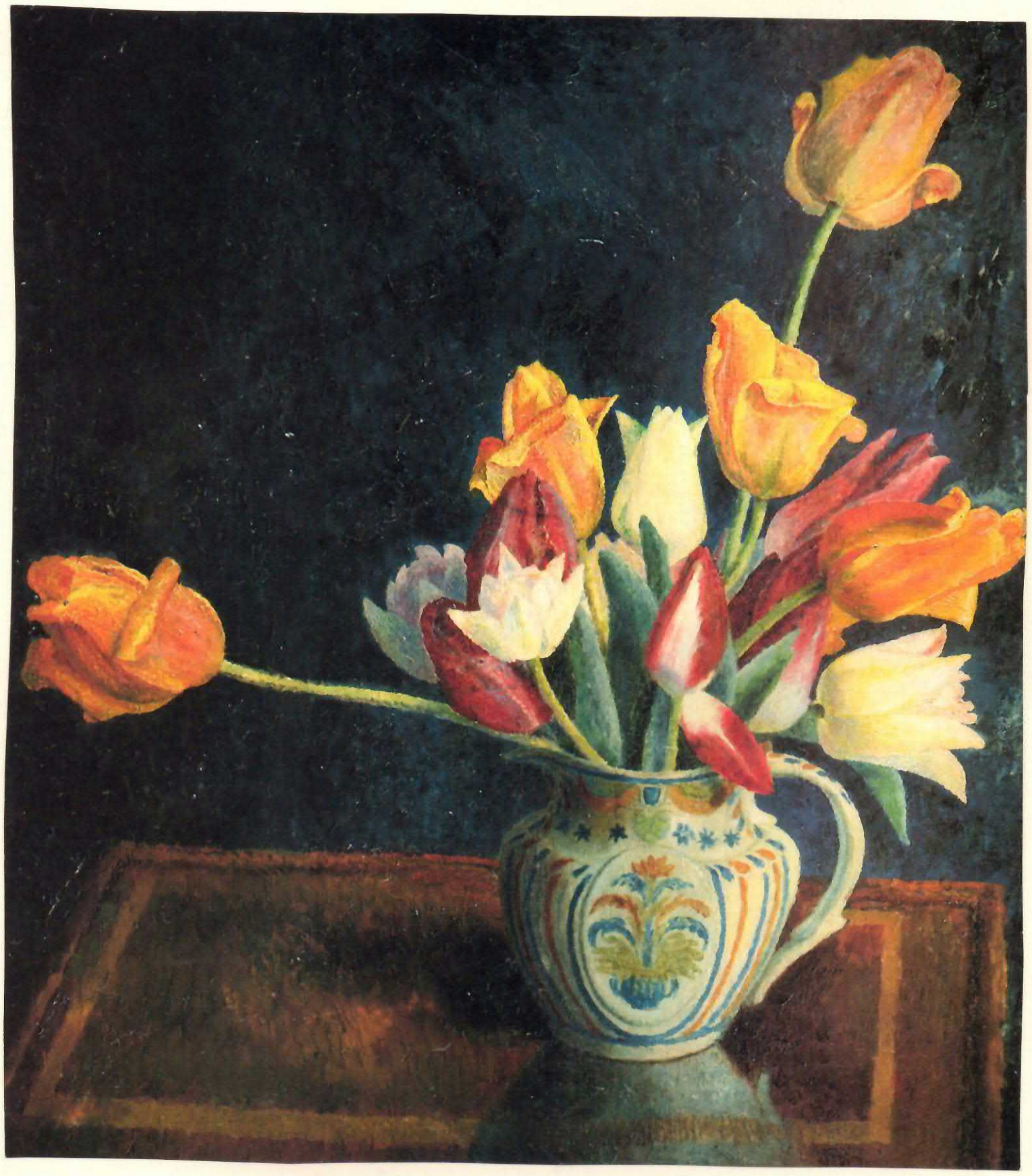
2. Add 1 onion, and reduce heat to medium. Cook, stirring, until softened, 5 to 6 minutes. Return ribs to Dutch oven, and add wine; simmer for 1 minute. Add chicken stock; bring to a simmer, and season with salt and pepper. Cover; transfer to oven, and roast until ribs are tender, 3 hours.

3. Shred ribs, discarding fat and bones. Strain stock through a sieve, and skim off fat. (You should have 2 cups.)

4. Heat remaining 2 tablespoons oil in Dutch oven over medium heat. Add remaining onion and the garlic; cook until translucent, about 4 minutes. Add celery root and carrots; cook for 4 minutes. Add reserved stock, the cabbage, beets, water, and tomato paste. Cook for 30 minutes. Add meat; cook until vegetables are tender, about 20 minutes more. Stir in lemon juice and vinegar; garnish with parsley. Borscht can be refrigerated for up to 5 days.

SEE GUIDE FOR SOURCES

USE OUR POPULAR RECIPE FINDER TO BROWSE MORE THAN 100 ADDITIONAL BEET RECIPES AT marthastewart.com



BEETS

in season

BEETS Among the healthiest vegetables around, beets help protect against cancer and heart disease. When cooked, they turn sweet and buttery, yet have only 75 calories per cup. In addition to classic red, look for yellow and Chioggia (pale red with candy-cane-striped rings when sliced). **selection** Choose intensely colored small or medium-size beets with firm roots and smooth skin. **storage** Cut away most of the greens and stems from the roots, leaving only about 2 inches. Place unwashed in the refrigerator for up to four weeks.

SWEET 'N' SOUR BEETS

Place 3 pounds trimmed beets in a large saucepan with cold water to cover. Boil, partially covered, until beets are tender, 25 to 30 minutes. Drain; when cool enough to handle, slip off skins. Cut into wedges. In another large saucepan, combine ¼ cup orange juice, ½ cup chicken broth, ¼ cup raspberry vinegar, 1 tablespoon each of lemon juice and sugar. Bring to a boil. Add beets; cook over medium-high heat for about 10 minutes, until well glazed. Stir in 2 tablespoons butter, 1 teaspoon salt and ⅛ teaspoon black pepper. Makes 8 servings.

Add Deviled Beets To Dinner Menu

If you want to pep up an ordinary fish dinner, add some tasty Deviled Beets to your menu. Deviled Beets are almost like a hot relish. They are a wonderful vegetable accompaniment for fish, potatoes, broccoli, and a Boston cream pie dessert.

DEVILED BEETS

- **1 lb. canned diced beets**
- **3 tbsps. butter or margarine**
- **2 tbsps. prepared mustard**
- **2 tbsps. honey**
- **1 tsp. worcestershire sauce**

Heat beets in their liquid; drain. Over low heat, stir together the remaining ingredien' until blended; add drained beets and rel Makes 4 or 5 servings.

KNIFE KNOWLEDGE

KEEP YOUR KNIVES SHARP—CHOPPING IS EASIER, AND, SINCE THE BLADE WON'T SLIP, INJURIES ARE LESS LIKELY.

SHRIMP SIZE MATTERS

THIS SEAFOOD IS SOLD BY THE NUMBER IN A POUND: JUMBO, USUALLY 21-25 PER POUND; LARGE, 31-35; MEDIUM, 35-40.

SPEEDY SOFTENING

NEED TO SOFTEN COLD BUTTER IN A HURRY? MICROWAVE ON HIGH IN 20-SECOND INTERVALS UNTIL DESIRED CONSISTENCY.

Borscht: A Unique Blend

By TOM HOGE
AP Wine and Food Writer

Borscht, that unique blend of beets, other vegetables and sometimes meat, is the basic soup of Russia, where recipes for it range from hearty winter dishes to cooling summer refreshers.

Borscht is also a national standby of the Poles, Lithuanians and other peoples the Russians have influenced over the centuries. The Israelis like borscht, too, and have their own version. So do the Ukrainians, many of whom feel that plain water will not do as an ingredient for this soup. They prefer kvas, a slightly fermented blend of dark rye bread and beets, which has an acid taste many find pleasant.

I was interested to learn that when Peter the Great toured Europe in the 18th century and returned home to order his court to adopt Western ways, the nobles did so with reservations. They hired foreign tutors for their children and imported French chefs, but they remained true to borscht and black bread.

Borscht is not difficult to make, but some of the heartier versions, which are a meal in themselves, take time to prepare. The soup is usually made in large quantities to last several days. In fact, many people think it tastes better the second day.

When preparing borscht, it is important to cut the vegetables and most other ingredients fine. Root vegetables, including the beets, should be sliced thin and cut into strips.

Lemon juice or vinegar is often added to borscht, not only to give it flavor, but to preserve the red hue. If the color still fades after cooking, a small quantity of grated beets, boiled a few minutes in a little water, and added, will brighten it up.

One borscht fan is Nina Petrova, a native of Archangel, Russia. She was in England with her family when the Russian Revolution erupted, and she grew up in the West. In a recent book about the food of her homeland, she gives a number of borscht recipes, including this chilled summer variety ("The Best of Russian Cooking." Crown Publishers. One Park Ave., New York NY 10016).

- 1 quart water
- 1 pound young raw beets
- Salt to taste
- 1 teaspoon granulated sugar
- Juice ½ lemon
- 2 spring onions
- 2 hard-boiled eggs
- ½ fresh cucumber
- 4 tablespoons sour cream, dairy made

Peel and wash beets and cut into fine strips. Put into saucepan with cold water and bring to boil. Reduce heat, cover and simmer about 30 minutes till beets are cooked. Strain and add salt, sugar and lemon juice. Cool. Chop onions and hard-boiled eggs fine. Peel and slice cucumber thin. Add onions, eggs and cucumber to soup just before serving, also adding one tablespoon sour cream to each soup plate. You can add one ice cube per soup plate or chill the plates 15 minutes, before adding sour cream. Serves 4. Good with a chilled dry white wine.

Beets & Bok Choy

GREAT ROOTS

BEETS WITH SOUR CREAM AND HORSE-RADISH

- 1½ pounds fresh beets (not including tops)
- 3 cups water
- 2 teaspoons salt
- 1 cup commercial sour cream
- 2 tablespoons prepared horse-radish
- 2 tablespoons chopped chives
- ½ teaspoon salt
- ⅛ teaspoon pepper

Cut stalks (if any) off beets, leaving 2 inches above the beet; do not trim roots. Scrub beets with a soft brush and rinse well. In a medium-sized saucepan bring water to a boil over high heat. Add salt and beets, turn down heat to moderately low, cover and cook until beets are tender; allow 30 minutes for small, young beets, 45 to 60 minutes for old ones. Mix remaining ingredients in a small bowl. Drain beets and pour cold water over them. As soon as you can handle beets (work under water) slip off skins and roots with your fingers. Cut beets into ½-inch chunks, arrange in a dish and spoon sour cream sauce over them. Makes 4 cups, or 3 or 4 servings.

Whole young beets are tasty treated as below, and though the name is outlandish, Crumbly Greens are not to be passed over lightly.

WHOLE BEETS

- 12 to 15 tiny beets, tops and all
- 2 tablespoons oil
- Juice of 1 lemon
- 3 or 4 green onions, chopped
- ½ teaspoon dill weed
- ½ teaspoon tarragon
- ½ teaspoon salt
- 1 clove garlic, pressed (optional)

Wash beets well and remove inedible parts, leaving them whole and keeping the skin and leaves. Heat oil, lemon juice, onion and seasonings in a heavy pan with a tight-fitting lid. Add beets and steam over medium heat. Check after five minutes, and add a small amount of water if necessary to prevent burning. Cook until tender. Serves four to six.

Bok Choy
(Produce) Fresh

FOOD

bok choy by any other name

If you're looking for a tasty vegetable for stir-fries, grilling, or salads, try bok choy. But which kind—dwarf (1), flowering (2), Shanghai (3), or mature (4)? And there are even more types of these Asian cabbages—all mild-flavored and interchangeable in recipes. Bok choy is especially delicious when eaten raw. Just slice it up, toss with a light dressing, and enjoy.

bok choy salad

Whisk together 4 teaspoons rice vinegar, 1 tablespoon soy sauce, 1 teaspoon toasted-sesame oil, and ¾ teaspoon sugar in a bowl. Toss in 5 cups sliced, raw bok choy (any type; about 1½ pounds). Top with 2 tablespoons chopped cashews. Serves 4.

Quick-cooking rice noodles soak up gingery dressing and form the perfect base for juicy grilled steak in this light meal.

READY IN 15 MIN.–SERVINGS 4

- ✓ 1 (12 oz) boneless strip steak
- ✓ 1 lb baby bok choy
- ✓ 1 (8.8 oz) box thin rice noodles
- ✓ ½ cup Nature's Promise Organic Citrus Ginger Dressing
- ✓ ½ cup French fried crispy onions

STEP 1 Heat a large covered pot of water to a boil on high.

STEP 2 Heat a grill pan on high or grill on medium-high. Pat the steak dry and season with salt and pepper. Grill 4 min. per side for medium, or until desired doneness.

STEP 3 Meanwhile, chop the bok choy into 1-inch pieces and rinse well. Remove pot of water from heat. Stir the noodles and bok choy into the hot water. Cover and let stand 3 min., until noodles are tender. Drain well.

STEP 4 To a large bowl, add the dressing. Add cooked noodles and bok choy. Toss until combined and arrange on a serving platter. Thinly slice the steak and serve on top. Garnish with the crispy onions.

Cooking the noodles and bok choy together saves time—and means fewer dishes

STEAK AND BOK CHOY OVER RICE NOODLES

recipe page 72

BOK CHOY

BROCCOLI

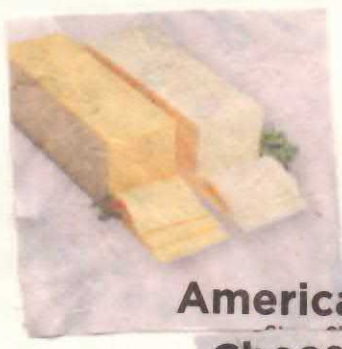
SPICY COLD-TOSSED BROCCOLI

1 bunch broccoli, about 1 pound
¼ teaspoon soy sauce
1 tablespoon sugar
2 tablespoons Chinese clear rice vinegar
2 tablespoons sesame oil
1 tablespoon minced garlic
1 tablespoon minced ginger root
¾ teaspoon crushed red pepper flakes or dried chili flakes

■ With sharp knife, peel away tough, outer skin covering stem of broccoli. Cut away florets, cutting up larger pieces on diagonal. Cut stems into 1-inch sections. Combine soy sauce, sugar and vinegar in small bowl, stirring until sugar has dissolved. Set aside.

■ Heat 2 quarts of water in large pan until boiling, and add broccoli. Return to boil, and cook until stems and florets are just tender, about 3 minutes. (Pierce pieces with sharp knife; it should go through stems easily.) Drain in colander, and rinse under cold running water to cool. Drain thoroughly, and place in mixing bowl.

■ Heat wok or skillet over high heat. Add sesame oil, and heat until hot. Add garlic, ginger root and red pepper flakes, and stir-fry about 10 seconds until fragrant. Add soy sauce mixture, and cook about 30 seconds, stirring constantly. Pour sauce over broccoli, tossing to coat. Let stand at least 30 minutes at room temperature, or cover with plastic wrap and chill several hours before serving. Serve at room temperature or cold. Serves 6.



American Cheese

Broccoli and Pasta

Her initial contribution was an eggplant parm recipe that calls for baking, rather than frying the eggplant. She also gave us another recipe for Broccoli and Pasta. 12-29-16

Rae Maselli's Broccoli and Pasta

1. Cook the pasta as directed on the package.
2. Within five minutes of its cooking (to taste), add as much broccoli as desired.
3. Cook the pasta and broccoli five minutes longer.
4. Drain the pasta and broccoli and place them in a large bowl.
5. Add a can of black olives.
6. Add olive oil, garlic powder, black pepper to taste. Red pepper is optional. Actually any suitable flavoring or spice may be used. Other vegetables may used, such as pumpkin, summer or winter squash, kale, spinach, peas, etc. Please take into consideration the length of time needed to cook the vegetables to judge when to put them into the cooking pasta. I use both fresh or frozen vegetables.

BROCCOLI AU GRATIN

Butter or margarine, 3 tablespoons
Flour, 3 tablespoons
Milk, 1 cup
Salt and pepper, to taste
Shredded sharp American cheese, 1 cup
Cooked fresh broccoli, 1 bunch (about 1½ lbs.)
Soft bread crumbs, 1 cup
Butter or margarine, melted, 2 tablespoons

Melt 3 tablespoons butter or margarine. Blend in flour. Add milk and cook to medium thickness, stirring. Add seasonings and cheese. Place broccoli and cheese sauce in alternating layers in a 6x10x2-inch casserole, beginning with broccoli and ending with cheese sauce. Mix crumbs with rest of butter and sprinkle over top. Bake at 350° F. for 30 to 35 minutes, or until golden brown. Yield: Six servings.

BROCCOLI-CHEESE SAUCE

Thaw a package of frozen broccoli and chop in small pieces. Chop a medium onion quite fine. Heat 1 tablespoon oil in a saucepan, toss in chopped vegetables and fry about 5 minutes. Now add 1 can cream of chicken soup and heat to the boiling point, stirring constantly. Reduce heat, stir in ½ cup processed cheese spread, ½ cup milk, 1 teaspoon salt. Cook about 3 minutes longer or until bubbly. Makes about 3 cups of sauce.

Pasta Con Brio *(featured directly above)*

- 1 jar (27-1/2 oz.) Ragú® Light Pasta Sauce - Chunky Mushroom
- 2 tablespoons dry white wine (optional)
- 8 oz. San Giorgio® Spaghetti or Thin Spaghetti, uncooked
- 2 cups fresh broccoli florets
- 2 cups sliced zucchini, cut in halves
- 1 cup sweet red pepper strips
- 1 can (2-1/4 oz.) sliced pitted ripe olives, drained and chopped
- 1/3 cup (about 1 oz.) coarsely grated Parmesan or Romano cheese or feta cheese, crumbled

- In small saucepan, stir together pasta sauce and wine; heat to boiling; reduce heat. Simmer, uncovered, 10 minutes.
- Meanwhile, cook pasta according to package directions; during last 2 minutes of cooking, add broccoli, zucchini and red pepper to pasta cooking water. Drain pasta and vegetables.
- Spoon sauce over hot pasta. Sprinkle with olives and cheese. 8 servings.

Nutrition Information per Serving: Calories: 190 Carbohydrate: 30 grams Fat: 3 grams Protein: 11 grams Cholesterol: less than 5 milligrams Sodium: 470 milligrams

Green Squash
Fresh

Penne with Creamy Tomato Sauce and Roasted Broccolini

From Rachel Ray Every Day
Yield: serves 4

- 1 pound broccolini, trimmed
- 1 tablespoon plus 1 teaspoon olive oil
- 4 large cloves garlic, 2 thinly sliced and 2 finely chopped
- 1 medium onion, very thinly sliced
- 2 small cans fire-roasted tomatoes, crushed
- ¼ teaspoon crushed red pepper
- 16 ounces whole-grain penne rigate
- 1 log (4 ounces) soft goat cheese, crumbled
- 1 ½ teaspoon red wine vinegar
- ¼ cup chopped flat-leaf parsley

Broccoli Rabe

Preheat oven to 425 degrees. On a large rimmed baking sheet, toss broccolini with 1 teaspoon oil and the sliced garlic. Arrange broccoli in a single layer with garlic on top. Roast until broccoli is crisp-tender and lightly browned, 18 to 20 minutes.

Meanwhile, bring a large pot of water to a boil for the pasta. In a large, deep skillet with a lid, heat remaining teaspoon over medium heat. Add onions; cook, stirring often, until softened, about 5 minutes. Add chopped garlic and cook, stirring, until aromatics, about 1 minute. Add tomatoes and crushed red pepper; season and bring to a boil over high. Cover and reduce heat to low and simmer for about 12 minutes.

While the sauce simmers, salt the boiling water, add penne and cook to al dente. Drain, reserving one cup of the cooking water.

Add pasta cooking water and cheese to tomato sauce; stir until smooth. Add penne and stir to coat; season. Drizzle broccolini with vinegar. Sprinkle the pasta with the parsley and serve with the broccolini.

I'm cooking lots, too. Last Sunday I made a big pork roast with sauerkraut, apple sauce, baked squash with maple syrup, buttered spaghetti squash, mashed potatoes, and an apple cake. Now I have leftover pork, which I will dice and add to salads. Last night I made this penne from Rachael Ray's magazine. When you use a hearty sauce, whole wheat pasta is better for you, less caloric, and tastes just as good as semolina. 10-27-16

Vegetable Rotini

PREP TIME: 20 MIN. COOK TIME: 10 MIN.

- 1 can (10 3/4 oz.) Campbell's® Broccoli Cheese Soup
- 1 pkg. (3 oz.) cream cheese, softened
- 3/4 cup milk
- 2 tbsp. Dijon-style mustard (optional)
- 1/8 tsp. pepper
- 3 cups cooked rotini (corkscrew) macaroni (about 2 1/2 cups dry)
- 3 cups cooked cut-up fresh vegetables (broccoli flowerets, cauliflowerets, carrots)*
- 1/2 cup grated Parmesan cheese

1. In 3-qt. saucepan, gradually stir soup into cream cheese. Add milk, mustard and pepper. Over low heat, heat through, stirring often.
2. Add macaroni, vegetables and Parmesan cheese. Heat through, stirring often. 4 servings.

*If desired, substitute 1 bag (16 oz.) any frozen vegetable combination, cooked and drained, for fresh vegetables.

Italian cooks could tell Bush a thing or two

Olive oil and garlic, a classic Italian combination, are Julia Child's weapons for making broccoli more palatable to President Bush.

The chief executive, rebelling after years of choking down his broccoli, recently banned the vegetable from Air Force One menus and declared he had eaten his last stalk.

On a morning radio show in Philadelphia last Friday, Child whipped up Broccoli a la Bush. Her simple treatment involved blanching cut broccoli, then sautéing it in olive oil and garlic. She says that the garlic gives the vegetable a different taste.

Child borrowed the classic techniques from her new book, "The Way To Cook" (Knopf, $50). Here are her directions:

BROCCOLI A LA BUSH

1 pound broccoli (2 medium heads)
Boiling water
Olive oil
1 or 2 cloves garlic, finely minced
Salt and freshly ground pepper

■ To prepare broccoli for blanching, cut the florets from the central stalk, leaving the stem 2 inches long. Starting at the butt end of each stalk, rapidly lift off the peel in strips with a small sharp knife, going almost up to the flower buds all around. Cut off the tough butt ends of the central stalks, peel the stalks down to the tender pale inside flesh; cut the stalks in half lengthwise, then into diagonal pieces.

■ Bring lightly salted water to a rapid boil in a large kettle. Wash the peeled broccoli rapidly under cold water, drain and plunge it into the boiling water. Boil slowly, uncovered, for about 2 minutes, until just undercooked and still bright green. Remove broccoli at once from water and set aside.

■ Place 1/16 inch of olive oil in a frying pan and set over moderately high heat. Sauté garlic in oil a moment just to soften but not to brown it. Toss in the broccoli, season lightly with salt and freshly ground pepper, and toss, swirling the pan by its handle, to heat it thoroughly and to finish the cooking. Toss with a dribble more of oil, if desired, and serve.

Chicken, Broccoli & Pineapple Stir-Fry

Prep: 20 min. Cook: 10 min. Makes: 4 servings

- 2 cups MINUTE® Brown Rice, uncooked
- 2 teaspoons vegetable oil
- 1 pound boneless, skinless chicken breast halves, cut in strips
- 1 medium DOLE® Onion, thinly sliced
- 1 cup DOLE® Broccoli, cut into florets
- 1 tablespoon fresh grated ginger root
- 2 cloves garlic, finely chopped
- 1 can (20 oz.) DOLE® Pineapple Chunks, drained and juice reserved
- ¼ cup KIKKOMAN® Less Sodium Soy Sauce
- ¼ cup KIKKOMAN® Stir-Fry Sauce
- 2 tablespoons cornstarch

Prepare rice according to package directions.

Heat oil in non-stick large skillet or wok over medium-high heat. Add chicken; stir-fry 5 to 7 minutes or until no longer pink. Add onion, broccoli, ginger and garlic to skillet; stir-fry 3 minutes longer.

Combine reserved juice, soy sauce, stir-fry sauce and cornstarch in a small bowl; add to skillet. Bring to boil, stirring constantly. Add pineapple. Cover, reduce heat to low and simmer 2 to 3 minutes more. Serve over brown rice.

dolesunshine.com/recipes

Chicken & Broccoli Alfredo

Margherita R. Currao of Southington requested some recipes for vegetarian meals that are easy to prepare. Elly J. Baily of Farmington writes, "I offer Bert Greene's Broccoli Frittata, Parma Style (minus the ½-cup ham called for in the original recipe) from 'Greene on Greens.' My note on the recipes say ... 'kids loved it."

11-12-97

BROCCOLI FRITTATA, PARMA STYLE

- *5 tablespoons unsalted butter*
- *1 tablespoon olive oil*
- *1 medium onion, chopped*
- *1 clove garlic, minced*
- *2 cups small broccoli flowerets*
- *20 or more strands cooked spaghetti*
- *6 eggs*
- *½ cup freshly grated parmesan cheese*
- *½ teaspoon pepper flakes*

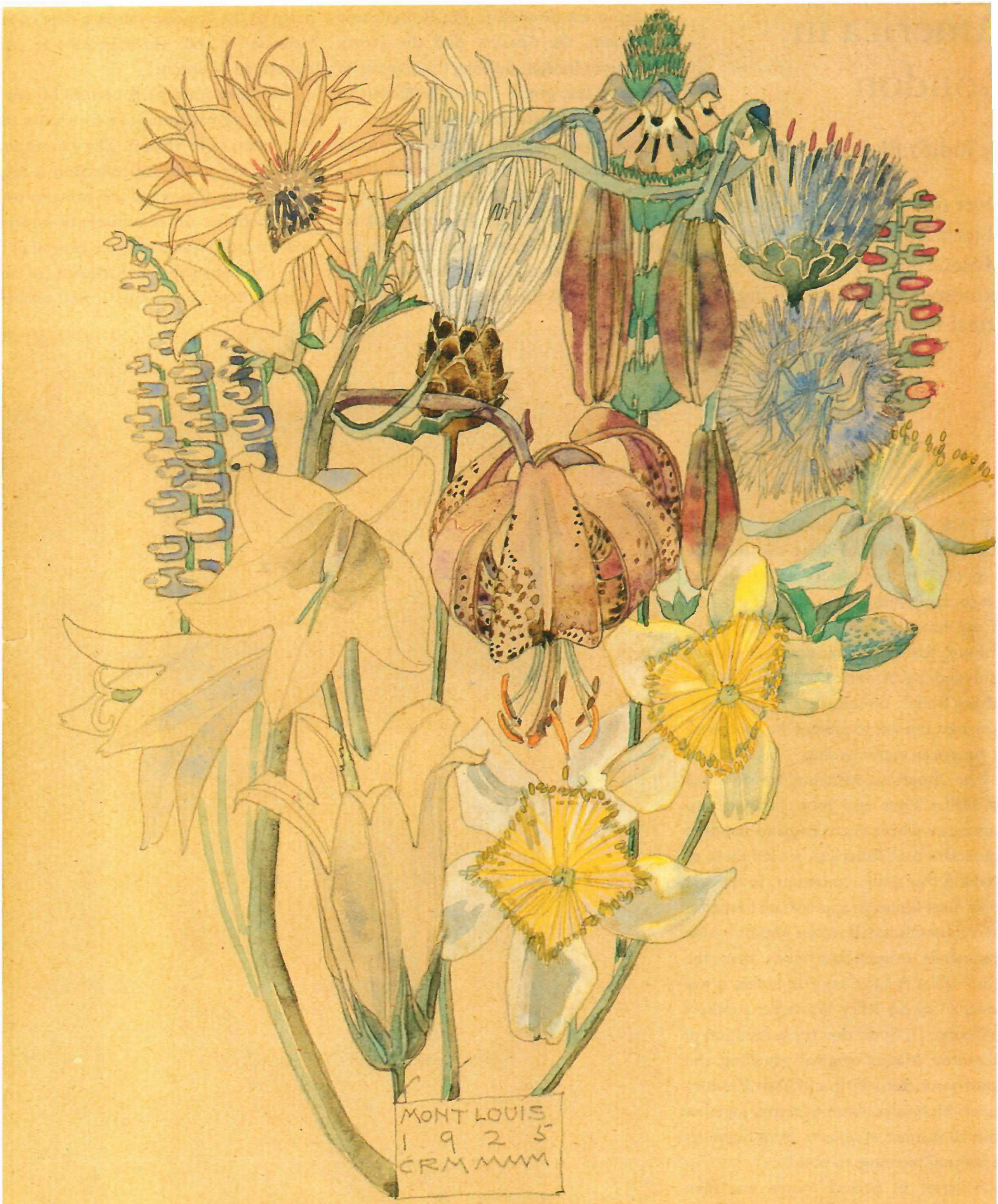
Heat 3 tablespoons of the butter with the oil in a heavy 10-inch skillet over medium heat. Sauté the onion until golden. Add the garlic; cook 3 minutes. Stir in broccoli flowerets and spaghetti; toss until well coated with the mixture. Remove from heat.

Beat the eggs in a large bowl until light. Add the broccoli mixture and all but 2 tablespoons of the parmesan.

Melt 1 tablespoon of the butter in the same skillet over medium heat. Pour in the broccoli-egg mixture. Immediately reduce to low; cook, without stirring, about 20 minutes.

Using a long spatula, carefully loosen the edges of the frittata and run the spatula underneath to loosen the bottom. Place a shallow plate over the skillet and quickly invert the frittata onto it.

Melt the remaining 1 tablespoon of butter in the same skillet over medium-low heat. Carefully slide the frittata off the plate and back into the pan. Sprinkle it with the crushed pepper and the remaining Parmesan. Cook for 5 minutes. Serve from the pan, in wedges, hot, cold or at room temperature.



CHARLES RENNIE MACKINTOSH (1868 – 1928)

Mont Louis, Flower Study

watercolour, inscribed, dated and signed 'Mount Louis, CRM.MMM 1925'

10⅛ x 8⅞ in. (25.7 x 22.6 cm.). Estimate: £10,000–£15,000

BRUSSELS SPROUTS

Really Healthy Side

Shredded Brussels Sprouts With Orange And Almonds

This low-fat dish is loaded with vitamins A and C (thanks, Brussels sprouts), and the almonds provide a shot of protein and fiber.

Work: 15 min **Total:** 15 min

- Zest from 1 orange
- 1 lb Brussels sprouts, stem ends removed
- 2 tbsp orange juice
- 1 tbsp rice wine vinegar
- 1 tbsp olive oil
- ¼ cup low-sodium fat-free chicken broth
- ¼ tsp kosher salt
- ¼ tsp ground black pepper
- 1 clove garlic, minced
- ¼ cup golden raisins
- ¼ cup sliced almonds, toasted

Slice Brussels sprouts thinly and toss with orange juice and vinegar. Heat oil in a large nonstick skillet over medium heat and add shredded Brussels sprouts. Sauté until bright green and tender, 2 min. Add broth, salt, pepper, garlic and zest. Cook another 2 min. Toss with raisins. Garnish with almonds and extra orange zest if desired.

SERVES 6

Per serving: 95 calories, 4.5 g total fat, 5 g sat fat, 106 mg sodium, 14 g carbs, 0 chol, 4 g protein, 3 g fiber

In Praise of Brussels Sprouts

By Taylor Grant Greenberg
Special to Living

SKINNY SHORELINE CHEF

Brussels sprouts may be one of the most poorly represented foods. Yes, when simply boiled, the cabbage's cousin can be bitter, bland, and often gag-worthy. However, when this vegetable is joined with the bold flavors of smoky bacon, crunchy walnuts, and tangy balsamic vinegar, the Brussels sprout is transformed into a upscale side dish guaranteed to impress any picky eater. I love this recipe because it's the prime example of using bold flavors in small amounts to add intense flavors in a low-calorie dish. Loaded with cancer-fighting compounds, cholesterol-lowering benefits, and a strong positive impact on thyroid function, Brussels sprouts deserve to be a refrigerator staple.

Bacon, Walnut Brussels Sprouts

Serves 4
2 tablespoons olive oil
4 slices center-cut bacon
1 shallot
1 bag fresh Brussels sprouts (about ¾ pound)
¼ cup chopped walnuts
1 tablespoon balsamic vinegar

Slice the bacon into small pieces and cook over medium heat in a large pan.

While bacon cooks, shred the Brussels sprouts by using a sharp night and thinly slicing each brussels sprout.

Thinly slice the shallot.

Drain the bacon grease and add the olive oil to the pan.

Add the shallots and walnuts to the pan with the bacon and cook until translucent, about 3 minutes.

Add the Brussels sprouts and sauté over medium heat, until the Brussels sprouts become tender and darker green in color, about 7 to 10 minutes.

When ready to serve, drizzle with balsamic vinegar.

Nutrition

Calories: 175
Carbohydrates: 8 grams
Fat: 13 grams
Protein: 7 grams

Brussels Sprouts Once Delicacy

By Tom Hoge
AP Wine and Food Writer

Some vegetables are mellow or downright bland, while others have a distinctive flavor. Brussels sprouts, miniature members of the cabbage family, fall into the latter category.

The brussels sprouts plant veers off on a different course from its cabbage cousins at an early stage. Instead of giving forth one large head, like the cabbage, it produces several rows of small heads where the leaves are attached to the plant.

By pulling away the lower leaves, these little heads can be given room to develop, attached as they are to the long stem of the plant.

Brussels sprouts are believed to have first been cultivated about 400 years ago. They are said to have originated in Belgium's capital of Brussels and by the end of the 18th century, the Belgians were doing a flourishing business exporting them.

Until fairly recently, brussels sprouts were considered a luxury vegetable, especially in Europe where tiny heads, no bigger than a fingernail, were prized for their delicate flavor.

The classic cuisine of France makes considerable use of brussels sprouts, often serving them with a light cream sauce or a richer dressing with a cheese base.They make a tasty accompaniment to almost any fowl or meat dish.

Today, this vegetable is popular in most countries of the Western World. Many cooks, especially in the United States, simmer them in chicken broth for added flavor. A tangy lemon-butter sauce is sometimes used just before serving to give the vegetable a fresh, rich taste. For a further fillip, add a dash of nutmeg.

Brussels sprouts should be simmered in a moderate amount of liquid and care should be taken not to overcook them or they will acquire a strong taste.

In America, brussels sprouts are at their best during the winter months, when they are firm and compact with a vivid green color. But they start appearing in the market in August.

Here's a recipe for cooking fresh sprouts in chicken broth, and seasoning with lemon-butter when done.

2 pints fresh brussels sprouts
4 cups water
3 chicken bouillon cubes
½ teaspoon salt
¼ cup butter
1 tablespoon fresh lemon juice

Trim outer leaves of sprouts. Place in bowl, cover with cold water and soak for 15 minutes, then drain. In medium saucepan, bring water to boil, then reduce heat. Add chicken bouillon cubes, salt and the sprouts. Return to boil, reduce heat again and simmer 15 to 20 minutes, or till sprouts are tender.

In small saucepan, melt butter and add lemon juice. Drain sprouts, place in serving dish, pour lemon butter over sprouts and serve. Try this with a roast of beef or lamb, accompanied by a red Margaux wine. Serves 4 to 6.

(For the best in gourmet cooking, order your copy of "101 Recipes" from Tom Hoge's Gourmet Corner. Send $2 to Gourmet Corner, AP Newsfeatures, 50 Rockefeller Plaza, New York, NY 10020.)

Juicy Lemons
Fresh

Brussels Sprouts

goodhealth

30 minutes or less

HEALTHY IN A HURRY

Stuffed Portobellos

Proof that a vegetarian dinner can be totally satisfying: This one delivers loads of protein, plus heart-healthy, cancer-fighting fiber, all for under 300 calories. Dessert, anyone?

Total time 30 minutes
Makes 4 main-dish servings

- ½ c. quinoa, rinsed
- 1¼ lbs. Brussels sprouts
- 4 tsp. extra virgin olive oil
- 4 lg. portobello mushroom caps
- 1 tsp. fresh thyme leaves
- ⅔ c. frozen corn
- 3 oz. crumbled feta cheese (¾ c.)
- ½ tsp. ground cumin

30 minutes or less · Low-calorie

1. Preheat oven to 450°F. In 2-quart saucepan, combine quinoa and ¾ c. water. Heat to boiling on high; reduce heat to medium-low. Cover and cook 15 minutes or until liquid is absorbed.

2. Meanwhile, trim and halve sprouts. In 18" by 12" jelly-roll pan, toss sprouts, 2 teaspoons oil, and ¼ teaspoon each salt and freshly ground black pepper to evenly coat. Roast 10 minutes.

3. While sprouts cook, brush mushrooms with remaining 2 teaspoons oil and sprinkle with ⅛ teaspoon salt. Finely chop thyme and add to medium bowl along with corn, feta, cumin, and cooked quinoa.

4. When sprouts have roasted 10 minutes, push to one side of pan and arrange mushrooms, gill side up, on other side. Divide quinoa mixture among mushrooms; roast 10 minutes or until mushrooms are tender.

EACH SERVING About 290 calories, 14 g protein, 38 g carbohydrate, 11 g total fat (4 g saturated), 9 g fiber, 19 mg cholesterol, 500 mg sodium. ■

Easy Substitute
Brussels sprouts not a favorite? Roasted broccoli delivers just as much crunch

Portabella Mushrooms

Extra Boost
Quinoa, which has a mild, slightly nutty flavor, packs more protein than any other grain

Photograph by CON POULOS. Food styling by Anne Disrude. Prop styling by Deborah Williams for patbatesandassociates.com.

Click Here
Find 100 healthy meals you can make in less than 30 minutes at goodhousekeeping.com/healthyhurry

Belgian Mini-Cabbages in Season Now

Brussels sprouts, the mini-cabbages, did indeed sprout from Brussels. The vegetables were first grown in this Belgian city in medieval times, and have been known in America since about 1800.

Fresh Brussels sprouts are available year-round, with peak supplies available November through February. Look for firm, compact Brussels sprouts of bright green color. Keep Brussels sprouts cold and humid and use them as soon as possible for freshest taste and texture.

Fresh Brussels sprouts have a savory, subtle flavor and are best cooked crisp-tender. To prepare Brussels sprouts, trim the stem of each sprout and cook in one inch of boiling water for about six to eight minutes or until tender, but slightly crunchy. For a different flavor, substitute chicken or beef broth for water and cook as above.

CHILLED BRUSSELS SPROUTS SALAD

1 pint (2 cups) fresh Brussels sprouts
1½ cups thinly sliced celery
¼ cup chopped green onion
1 tomato, cut into small wedges
1 head lettuce, torn into small pieces (8 cups)

In large saucepan, bring about 1-inch salted water to boiling; add Brussels sprouts and cover. Simmer until crisp-tender. Do not overcook. Immediately rinse with cold water; cut sprouts into bite-size pieces. Combine sprouts, celery, green onion and tomato in large bowl. Pour Lemon Herb Dressing (recipe below) over vegetables; chill at least 1 hour before serving. Drain vegetables of excess dressing; reserve dressing. Line serving platter with torn lettuce. Spoon vegetables over lettuce. Serve with reserved Lemon Herb Dressing. Makes six to eight servings.

Lemon Herb Dressing: In a screw-top jar, combine ⅔ cup salad oil, ⅓ cup lemon juice, 2 tablespoons wine vinegar, 2 tablespoons wine vinegar, 2 teaspoons chopped parsley, and ½ teaspoon each: salt, dried basil, dried tarragon and dried chervil.

SAVORY BRAISED BRUSSELS SPROUTS

1 pint fresh Brussels sprouts
6 tablespons butter or margarine, melted, divided
2 tablespoons seasoned dry bread crumbs
2 tablespoons grated Parmesan cheese

Wash and trim Brussels sprouts. In large saucepan, cover sprouts with salted water, bring to boiling and cover. Simmer 6 to 8 minutes or until tender. Drain. Place sprouts in 1-quart, ovenproof casserole, pour 4 tablespons melted butter over sprouts. Cover, bake in 350 F oven for 10 minutes. Meanwhile combine cheese, bread crumbs and remaining 2 tablespoons butter. Sprinkle mixture over Brussels sprouts; toss gently. Bake, uncovered 5 minutes longer. Makes four servings.

LEMONY BRUSSELS SPROUTS AND POTATOES

8 to 10 ounces fresh Brussels sprouts
4 medium potatoes, peeled and cut in 1-inch cubes
Boiling water
Salt
2 tablespoons butter or margarine
2 tablespoons flour
1 cup milk or half-and-half
1 to 2 teaspoons grated lemon peel
1/4 teaspoon nutmeg, or to taste

Rinse sprouts and pick off tough outer leaves. If large, cut sprouts in half. In saucepan steam sprouts and potatoes in 1 inch boiling salted water 15 minutes, or until tender; drain. Meanwhile melt butter in saucepan and stir in flour and 1 teaspoon salt until smooth. Gradually stir in milk and cook and stir over medium heat until thick and smooth. Blend in lemon peel and nutmeg. Combine cream sauce, sprouts and potatoes. Serve at once. Makes 4 servings.

To cook in microwave oven, combine Brussels sprouts and potatoes in 2-quart glass casserole, add 2 tablespoons water, cover and cook 10 minutes, stirring twice. Remove from oven and let stand covered 5 minutes, or until tender. Meanwhile melt butter in 2-cup glass measure or bowl (about 30 seconds). Stir in flour and salt until blended. Gradually add milk, stirring and scraping sides of cup. Cook 3 to 4 minutes, or until thickened, stirring once. Blend in lemon peel and nutmeg. Combine cream sauce, sprouts and potatoes.

CABBAGE

Redbook ☆

PHOTOGRAPH BY WILLIAM CADGE

Aug 1973

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? KIMSHEE

ONE OF THE BEST

dishes you've ever eaten!

BRAISED CABBAGE

3 bacon slices
8 cups (2 lb) finely shredded cabbage
1½ teaspoons salt
Dash pepper
3 tablespoons white-wine vinegar

In 12-inch skillet, sauté bacon over low heat until crisp. Remove bacon; drain on paper towels; crumble. In skillet, toss bacon fat with cabbage, salt, pepper, and vinegar; coat cabbage well. Cook, covered and over high heat, for about 3 minutes, or until cabbage is tender. Sprinkle with bacon. Makes 6 servings.

STUFFED CABBAGE

1 large head cabbage
1 tablespoon margarine
2 medium onions, sliced
1 pound lean ground round
4 tablespoons grated onion
3 tablespoons uncooked rice
3 tablespoons cold water
2 teaspoons salt, divided
⅛ teaspoon pepper
1 can (8 oz.) tomato sauce
1 cup water
¼ cup seedless raisins
3 tablespoons honey
1 tablespoon lemon juice

Trim off thick parts of 18 cabbage leaves. Blanch by dropping into boiling water for 2 or 3 minutes; remove and place on paper towels. Melt margarine in saucepan. Add onions and lightly brown. In a bowl, mix together beef, grated onion, rice, 3 tablespoons water, 1 teaspoon of the salt and pepper. Place some meat on each cabbage leaf. Tuck in sides and roll carefully.

Add tomato sauce, 1 cup water and remaining teaspoon salt to saucepan with margarine and onion. Blend thoroughly. Place cabbage rolls in sauce. Cover and cook slowly 1½ hours. Add raisins, honey and lemon juice and cook uncovered an additional 30 minutes.

Makes 6 servings; one serving — 240 calories.

Another lovely accompaniment for turkey is coleslaw. This recipe for country coleslaw is from the *Forget-About-Meat Cookbook* (Rodale Press) by Karen Brooks.

Country Coleslaw

½ head red cabbage, shredded
½ head green cabbage, shredded
½ cup carrots, diced
½ cup raisins
2 tablespoons onion, finely-chopped
2 teaspoons salt
dash cayenne pepper
2 tablespoons caraway seeds
1 tablespoon celery seeds
1-2 tablespoons apple cider vinegar
1 tablespoon honey
mayonnaise

Mix all ingredients and add enough mayonnaise (homemade, soy or safflower) to make coleslaw creamy. Chill well before serving.

Variations: Add one cup sprouts, use yogurt instead of mayonnaise, or add some dill seed.

Yield six servings.

If you would like to serve a main dish that does not include meat, try a delicious and festive fish dinner.

SAVOY CABBAGE

¼ cup butter or margarine
1 medium-sized savoy cabbage, trimmed and cut into ½-inch-wide strips
1 cup pared, cored and sliced green apple
½ cup coarsely chopped, unsweetened canned chestnuts or cooked, peeled chestnuts
1 teaspoon salt
½ teaspoon monosodium glutamate

In a large skillet melt butter over moderately high heat (about 350° F.). Add cabbage and cook, uncovered, stirring frequently, for 5 minutes. Stir in remaining ingredients and cook, stirring occasionally, 5 to 10 minutes longer or until cabbage is crisp-tender. Makes 4 to 6 servings.

■ **Jane W. Pearson** of **Wethersfield** requested a recipe for stuffed cabbage rolls with sweet-sour sauce with raisins. This recipe was sent in by **Catherine Postemski** of **Willington**. She writes, "The recipe comes from a cookbook put together by parishioners of St. Philip the Apostle Church, Ashford. . . . This recipe comes from the chapter of Czechoslovakian recipes. The book has nine chapters and is called 'Sharing Our Heritage.'. . . These recipes are kitchen tested only by 'handed-down' versions."

STUFFED CABBAGE IN SWEET-SOUR SAUCE 7-5-95

1 medium head cabbage
½ pound ground beef
½ pound ground lamb or veal
1 onion, chopped fine
½ cup uncooked long-grain rice
1 teaspoon salt and dash pepper
¾ cup water
1½ to 2 cups beef stock
Sweet-Sour sauce (recipe follows)

■ Cook cabbage in boiling salted water just long enough to remove about 16 cabbage leaves.

■ Combine meats, onion, rice, seasonings and water; shape lightly into 16 rolls, about 3 inches long. Place each meat roll on a cabbage leaf and roll up loosely, enclosing ends. Be sure to allow room for expansion.

■ Place rolls in shallow baking dish; pour beef stock over. Cover (can use foil) and bake at 350 degrees F for 1½ hours. Serve with sweet-sour sauce.

SWEET-SOUR SAUCE 7-5-95

½ cup seedless raisins
2 cups water
½ cup green pepper, chopped
¼ cup onion, chopped
3 tablespoons butter
¼ cup brown sugar
3 tablespoons cornstarch
½ cup wine vinegar

■ Combine raisins and water and simmer, covered, for 30 minutes.

■ Cook green pepper and onion in the butter until tender. Stir in brown sugar mixed with corn starch.

■ Add wine vinegar and raisin mixture. Cook, stirring constantly, until mixture thickens and boils. Cook 2 minutes. Makes about 8 servings.

FESTIVAL FOOD was prepared ahead of time by Ladies Adoration Society.

POLSKA

Recipes for Traditional Dishes

By MAE KEIGHLEY
Journal-Bulletin Food Editor

For the Poles, a celebration without a meal is not a celebration. They eat for amusement and for company, and so they eat well. How well can be seen by attending a Polish picnic or a Harvest Festival like the one held recently at Szpila's Grove in Cumberland. Here are recipes for some of the delicacies served at the festival:

GOLOMKI

Cabbage, 1 head
Rice, ½ lb. (cooked and cooled)
Lean beef, ground, 1 lb.
Blade pork, ground, ½ lb.
Tomato juice, 1 cup
Salt and pepper, to taste

Cook cabbage in boiling salted water for 10 minutes. Drain and separate the leaves. Mix rest of ingredients. Wrap the meat mixture in individual cabbage leaves. Place the cabbage rolls one next to the other in a baking dish. Place 1 cup water in the pan, cover and bake at 350 F for 1½ hours. Yield: Four servings.

PIROGI

Flour, 3½ cups
Egg, 1
Warm water
Dash of salt
Cabbage, 2 small heads
Melted butter
Onion, chopped, 1
Mushrooms, chopped, 1 tablespoon
Salt and pepper, to taste

Make a dough (of consistency which can be rolled out) of flour, egg, water, and salt. Roll out on floured board to ⅛" thickness and cut out rounds with a glass or biscuit cutter. Make filling as follows: Shred cabbage and boil in salted water until partially cooked. Drain. Chop fine and steam in butter, in which you have browned the onion. Add mushrooms and salt and pepper. Place a tablespoon of filling in each piece of dough and close well, so they do not open when cooked. Cook in boiling salted water for 5 minutes or until they float. If desired, serve with melted butter and browned bread crumbs. Yield: Four to six servings.

U.S.A.

SOMETIMES we forget that when this colony became a nation, it was a composite of English, Dutch, Germans and a sprinkling of others. They became Americans — not Dutch-Americans or German-Americans, but Americans in the best sense. In other words, they lent their special flavor and background to the melting pot and made it the great mix it is and should be That's why, in cuisine, you find such a conglomerate.

Cornishmen brought us a taste for pastries; the Swedes have taught us about Janson's Temptation, the English delighted in Hasty Pudding, but the early settlers "cooked up" their own specialties — among them two of the most famous, Kentucky Burgoo and Brunswick Stew.

KENTUCKY BURGOO

(Serves 8 to 10)

2 lbs. stew beef cut into 2" cubes
3 qts. water
4 fresh tomatoes
1 cup each carrots (chunks), corn (canned or off cob), peas (canned or shelled), cabbage (shredded)
1 cup raw potatoes, in chunks
salt
½ cup flour
½ cup red wine
1 tbsp. Worcestershire Sauce

Put meat and water in kettle. Simmer 4 hours, skim. Add vegetables and cook until tender. Moisten flour. Add. Add wine and Worcestshire sauce.

LITTLE SHOP OF HORRORS

STUFFED CABBAGE (Polish Style)

POLISH
With Pierogi Power!

(Roy Crane)

1 large head cabbage, not too hard
1½ pounds hot bulk sausage (if not hot, add red pepper)
2 large onions, chopped
1 cup raw rice
1 to 2 cups tomato soup

Cook rice and mix with sausage and onions. Separate cabbage leaves under running water. Boil in salted water until limp. Cut off tough stem on each leaf. Drop 2 to 3 tablespoons of rice mixture (depending upon size of leaf) on each leaf. Fold over left side of leaf, roll, then tuck in ends of right side of leaf. This should make an oblong package. Place in casserole, cover with tomato soup and bake at 350° F. for 1 hour.

The Instant Pot makes this Irish classic so easy

INSTANT POT CORNED BEEF AND CABBAGE

PREP TIME **5 MIN.** – COOK TIME **1 HOUR 50 MIN.**
READY IN **1 HOUR 55 MIN.** – SERVINGS **10**

- 2 **medium yellow onions**
- ½ tbsp **coriander seeds**
- 1 tsp **whole black peppercorns**
- 1 (3-lb) piece **corned beef brisket**
- 1 cup **reduced-sodium beef broth**
- 1 cup **dark beer**
- 5 **medium carrots**
- 1 **medium head green cabbage**
- **Mustard, to serve (optional)**

STEP 1 Peel and slice the onions. Spread onions on the bottom of the Instant Pot along with the coriander seeds and peppercorns. Discard spice packet from the brisket, if it comes with one. Place brisket on top of onions. Season generously with salt and pepper. Pour in beef broth and beer.

STEP 2 Set to cook on high pressure for 85 min. Let release naturally for at least 15 min. Transfer brisket to serving platter and cover.

STEP 3 Cut the carrots into 3-inch pieces. Cut the cabbage into 8 wedges. Add both to Instant Pot. Season with salt and pepper. Cook on high pressure 2 min. Let quick release. Thinly slice corned beef against the grain and serve with carrots and cabbage. Serve drizzled with any cooking liquid from the Instant Pot and the mustard on the side, if desired.

TIP If the corned beef comes in pickling liquid, just wipe off before adding to the Instant Pot.

PER SERVING: 252 CALORIES, 10G FAT, 4G SATURATED FAT, 97MG CHOLESTEROL, 1364MG SODIUM, 12G CARBOHYDRATE, 4G FIBER, 5G SUGAR, 31G PROTEIN

COLCANNON (MASHED POTATOES WITH CABBAGE)

PREP TIME **7 MIN.** – COOK TIME **20 MIN.**
READY IN **27 MIN.** – SERVINGS **6**

- 2 lbs **Yukon gold potatoes**
- 3 tbsp **butter, divided**
- 1 **medium leek, trimmed, washed, and thinly sliced**
- ½ **small red cabbage**
- ¾ cup **whole milk**
- 1 tbsp **chopped chives (optional)**

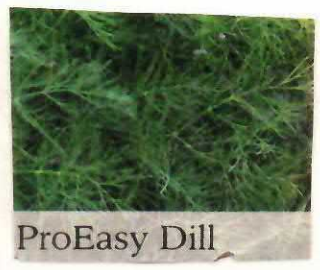
STEP 1 Peel and cut the potatoes into 2-inch chunks. To a large pot, add potatoes, salt, and enough cold water to cover by 2 inches. Partially cover and heat to a boil on high. Reduce heat and simmer 15 min., until very tender.

STEP 2 Meanwhile, in a 12-inch skillet, melt 1 tbsp butter on medium-high. Add the leek and sauté 4–5 min., until softened, stirring frequently. Meanwhile, very thinly slice or grate the cabbage using the large holes of a box grater, aiming for 4–5 cups. Add 1 tbsp butter to leeks in pan. Once melted, add cabbage to pan. Sauté, stirring occasionally, 10–12 min., until cabbage is fully softened.

STEP 3 When potatoes are done, drain and return to pot. Add remaining 1 tbsp butter and milk to potatoes. Season with salt and pepper. Mash with a potato masher until butter is melted and potatoes are smooth. When cabbage mixture is done, stir into mashed potato mixture. Garnish with the chives, if desired.

PER SERVING: 223 CALORIES, 7G FAT, 4G SATURATED FAT, 18MG CHOLESTEROL, 158MG SODIUM, 37G CARBOHYDRATE, 6G FIBER, 10G SUGAR, 4G PROTEIN

CARROTS



ProEasy Dill

Carrots in Dill Sauce

1 pound carrots, peeled, cut into one-inch sections
1 teaspoon sugar
1 teaspoon salt
¾ cup Caron Creme Fraiche
1 tablespoon minced fresh dill weed or 1 teaspoon dried dill weed
salt & pepper to taste

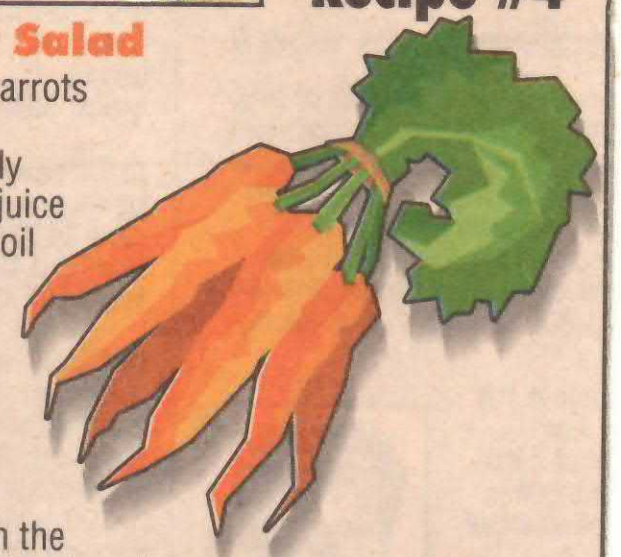
Place carrots in saucepan filled with boiling water. Add sugar and salt and simmer, partially covered, until tender. Drain and reserve. Pour Caron Creme Fraiche into saucepan, add dill and bring to a boil over medium heat. Reduce by half, stirring constantly. Return carrots, tossing well, and cook until heated through. Season to taste.

© State of Maine Cheese Company 1982

Recipe #4

Carrot Salad

- 5 cups coarsely grated carrots (about 7 or 8 carrots)
- 3 to 4 tablespoons freshly squeezed lime or lemon juice
- 3 to 4 tablespoons olive oil
- Pinch cayenne pepper
- Salt to taste
- 1/4 teaspoon sugar
- 2 to 3 tablespoons each: finely minced mint, cilantro and scallions



Combine the carrots with the remaining ingredients in a bowl, and toss well to combine. Cover and chill until ready to serve. Adjust seasonings before serving. Serves 4 to 6.

Nutrition information per serving, based on five servings: 124 calories, 8 grams fat, no cholesterol, 38 milligrams sodium (without added salt).

Source: Elizabeth Wheeler, Hartford Food System

Carrot Tips

Carrots are a familiar, affordable vegetable that is demanding more respect for its healthful properties. The beta-carotene in carrots is good for the eyes and helps to fight cancer and heart disease.

These tips, reprinted from the Old Farmer's Almanac Good Cook's Companion, make the best use of this root vegetable.

- Puree leftover cooked carrots and use to thicken soups.
- Add finely grated carrots to commercial tomato sauce before heating to freshen its flavor and reduce acidity.
- To stretch a pound of ground beef for meatballs or meatloaf, chop leftover cooked carrots and add to the meat.
- Grate carrots and toss with lemon juice and black pepper – a French method – to serve alone or with diced, pickled beets as an appetizer.

CARROT-CHEVRE TIMBALES

Quiche-like timbales made with carrots and chevre, a mild goats milk cheese, go well with grilled lamb chops or chicken.

Butter or olive oil, for greasing molds
2 medium carrots, shredded
3 ounces (6 tablespoons) fresh goat cheese
1 cup half and half
4 eggs
½ teaspoon salt
½ teaspoon ground white pepper
1 clove garlic, finely minced
3 tablespoons cornmeal
2 tablespoons bourbon, optional

- Grease 6, 1/2-cup timbale molds or custard cups.
- Blend carrots, goat cheese, half and half, eggs, salt, pepper, garlic, cornmeal and bourbon in 1-quart bowl. Divide mixture among 6 molds.
- Place molds in shallow pan with 1 inch hot water in bottom. Bake at 325 degrees until tops look dry and knife inserted halfway between center and edge comes out clean, 50 to 55 minutes. Let timbales rest 5 minutes, then slip knife around edge and invert onto serving plates. Makes 6 servings.

Lazy Girl's Side
Rosemary-Glazed Carrots

No chopping, no stirring, one pan—it doesn't get much easier than this.

Just combine a 1-lb bag of **baby carrots**, ½ cup **apple juice**, ¼ cup **sugar**, 2 sprigs fresh **rosemary**, 1 tbsp **butter** and ½ tsp **salt** in a skillet with a lid. Cover the pan and bring to a simmer; cook until the carrots are tender, about 15 min. Uncover and cook until the liquid is reduced, 5 min more. **SERVES 6**

GLAZED CARROTS

3 cups sliced carrots
2 tablesppons margarine
2 tablespoons sugar
1 teaspoon grated orange peel
¼ teaspoon salt

Cook carrots until almost tender; drain. Melt margarine in a large skillet. Stir in sugar, orange peel, salt and cooked carrots. Cook over medium heat, stirring frequently, until carrots are glazed, about 10 minutes.

Makes 4 servings; one serving—120 calories.

SKILLET CARROTS

Carrots, 6 medium
Instant minced onion, 1 tablespoon
Gated orange rind, 1 tablespoon
Salt, ½ teaspoon
Butter or margarine, 3 tablespoons
Lemon juice, (optional) 1 tablespoon

Shred carrots. Add onion, orange rind and salt; toss to blend. Melt butter or margarine in skillet; add carrots and cook over medium-high heat, stirring often, for three to four minutes or until just tender. Sprinkle with lemon juice, if desired. Yield: Four to six servings.

To prepare carrots, scrub the young ones with a brush. Older carrots can be peeled with a vegetable peeler. Cook by steaming them in a small amount of boiling water in a saucepan with a tight-fitting lid. And remember, garden-fresh carrots cook faster than store-bought ones. To add flavor without calories, add seasonings such as thyme, anise, nutmeg, cardamon, dill ginger or marjoram.

Here are several different methods of preparing them:

Grate carrots and cook in a cream sauce seasoned with tarragon, nutmeg or dill. (Two cups of carrots to about ½ cup of cream sauce.)

Serve cooked carrots with a sauce of unsweetened applesauce and lemon juice, just enough to coat them evenly.

Glaze cooked carrots very lightly with one or two tablespoons of warmed honey and stir in a few chopped walnuts.

Grate carrots, stir in raisins, chopped nuts and apples and mix with a dressing of 1 tablespoon of mayonnaise and 3 tablespoons of sour cream for a carrot-raisin salad. Or try this quick and easy carrot recipe:

Carrots

SHOESTRING CARROTS

4 cups carrots, washed, scraped and cut into shoestring strips
4 tablespoons butter
1 teaspoon grated onion
½ teaspoon anise seed
pinch of thyme
salt and pepper
1 teaspoon honey
parsley

In a heavy saucepan, place carrots, 3 tablespoons butter and all the seasonings except parsley. Cover and steam over a low heat for 8 to 10 minutes. Stir frequently to keep from sticking. Add honey and 1 tablespoon butter and mix gently. Cook for 5 more minutes; garnish with parsley and serve.

MARINATED CARROTS

2 pounds carrots
1 large onion, sliced thin
1 green pepper, sliced thin
1 can (10 ounces) tomato soup
1 cup granulated sugar
1/2 cup salad oil
3/4 cup white vinegar
Salt and pepper to taste

Clean and cut carrots in 3/4 inch chunks. Boil carrots in salted water until just tender. Combine in large bowl — carrots, onion and green pepper. In a saucepan combine the rest of the ingredients and bring to a boil, to dissolve sugar. Pour over carrots and let marinate for 24 hours at room temperature, before serving. This will keep in the refrigerator for 10 days or more. The marinade can be used again, if you eat all the carrots and have some remaining sauce, boil some more carrots, heat the sauce a second time and pour over the carrots. It is not quite as flavorful the second time but still good. This is a remarkably good-tasting accompaniment to a meal. I heartily recommend it.

...not just nuts but BLUE DIAMOND® Almonds

When a recipe calls for "nuts," add Blue Diamond Almonds and you'll go to the head of your cooking class. Almonds have the subtle, elegant flavor you want. Almonds have the crisp character you need.

And nothing matches the eye appealing quality. Remember, not just "nuts," but almonds . . . Blue Diamond Almonds, the choice, fresh almonds from California in poly bags and tins.

the Almond People®

For a copy of **"Treasury of the World's Best Almond Recipes"** (100 great recipes), send 50¢ to Dept. MC-4 P. O. Box 651, San Francisco, California 94101.

CARROT CRUNCH

6-8 good-sized carrots
½ teaspoon salt
1½ tablespoons butter or margarine
1½ tablespoons brown sugar
1½ teaspoons grated orange rind
¼ cup toasted blanched slivered almonds

Cut carrots lengthwise into slivers as shown in photograph. Cook in a large covered pan, using salt and a small amount of water. When carrots are just barely tender, remove from pan and set aside. Drain water. In the pan stir together butter, sugar, orange rind, and almonds. When well-mixed, return carrots to pan. Let simmer for 5 minutes, turning carrots to coat with almond mixture. Makes 4-6 servings.

California Almond Growers Exchange
P. O. Box 1768
Sacramento, CA 95808

SWANSON® STIR FRY

I disappear into books what's your superpower?

VEGETABLE STIR-FRY

Prep: 15 min. Cook: 15 min. Makes: 4 servings

- 1 cup Swanson® Chicken Broth (Regular, Natural Goodness *or* Certified Organic)
- 1 tbsp. cornstarch
- 1 tbsp. low-sodium soy sauce
- 1 tbsp. vegetable oil
- 4 cups cut-up vegetables (broccoli florets, cauliflower florets, baby carrots and sliced celery)
- 2 tsp. grated fresh ginger root *or* 1/8 tsp. ground ginger
- 1 clove garlic, minced
- Toasted sesame seeds (optional)

1. Stir the broth, cornstarch and soy sauce in a small bowl until the mixture is smooth.
2. Heat the oil in a 10" skillet over medium-high heat. Add the vegetables, ginger root and garlic and stir-fry until they're tender-crisp.
3. Add the broth mixture to the skillet. Cook and stir until the mixture boils and thickens. Sprinkle with the sesame seeds, if desired.

THE SECRET IS SWANSON® 100% NATURAL CHICKEN BROTH

Find delicious recipes and cooking tips at CampbellsKitchen.com/SwansonBroth

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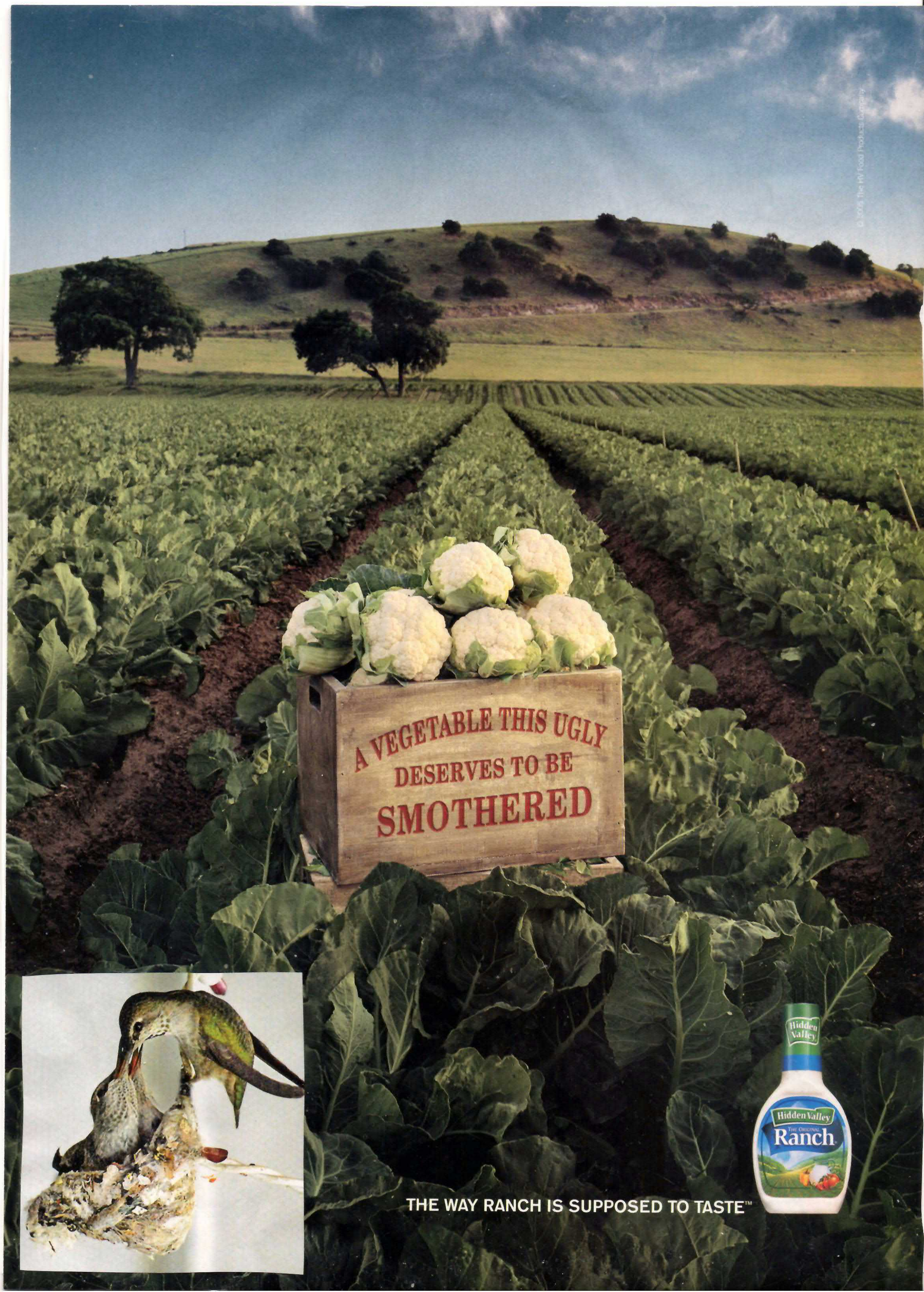

A VEGETABLE THIS UGLY
DESERVES TO BE
SMOTHERED
Hidden Valley
Hidden Valley
THE ORIGINAL
Ranch
THE WAY RANCH IS SUPPOSED TO TASTE™

1
All Fools' Day

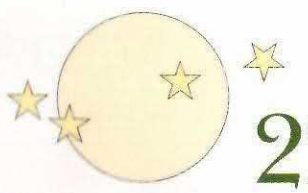
Give sweet onions plenty of water throughout the growing season so that they'll grow big and mild-tasting.

7
New Moon

The roots of garden vegetables can travel to amazing depths—often several feet. The deeper you can work compost and manure into the soil, the more there will be for the roots.

13
Thomas Jefferson's Birthday

Thomas Jefferson kept meticulous records. On his 23rd birthday, in 1766, he noted in his garden book: "Puckoon [bloodroot] flowers fallen."



22
Passover begins at sundown.
Earth Day
Full Pink Moon

"To forget how to dig the earth and to tend the soil is to forget ourselves."

–Mahatma Gandhi, Indian spiritual leader (1869–1948)

23

Add about 5 percent annual rye to a wildflower seed mix. The rye will grow quickly, protecting the slower-germinating wildflowers; it dies back by the time the flowers are established.

29
National Arbor Day

Now Nature hangs her mantle green
On every blooming tree,
And spreads her sheets o' daisies white
Out o'er the grassy lea.

–Robert Burns, Scottish poet (1759–96)

A SPLASH OF COLOR

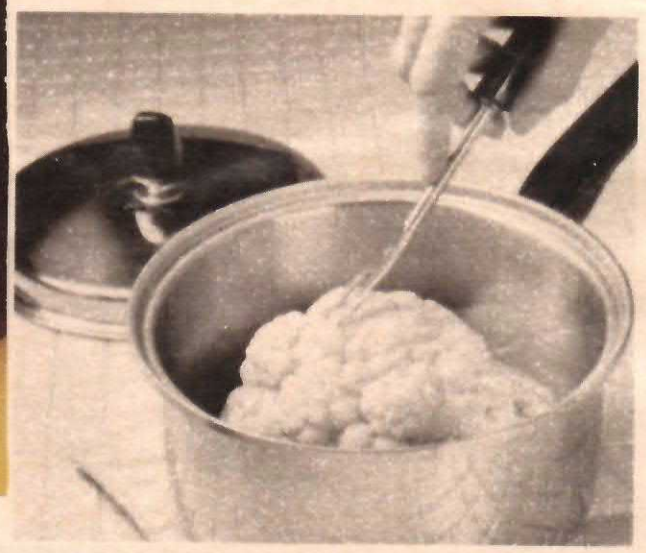
Plant breeders have developed eye-catching varieties of cauliflower that feature orange, purple, or green florets instead of the traditional white. Purple cauliflower has a slightly milder flavor than the white form. Its color comes from health-promoting anthocyanins, also found in beets and blueberries. Orange cauliflower, which has about 25 percent more beta-carotene than white cauliflower, is milder and creamier. Lime-green broccoflower is a cross between broccoli and cauliflower. Its light, sweet taste resembles cauliflower more than broccoli. "Romanesco" is a spiky version of broccoflower.

How to cook whole cauliflower

Chances are you're most familiar with cauliflower as small pieces called flowerets. But don't shy away from using the whole head. It's easy to fix if you follow these step-by-step directions.

Photographs: Dieter

1. Rinse 1 medium head *cauliflower* (about 1 pound) under cold water and remove the outer green leaves. Using a knife, cut out the woody stem.



2. Pour about 1 inch of water into a 3-quart saucepan. Add ¼ teaspoon *salt;* bring to boiling. Carefully lower cauliflower, stem side down, into pan. Cover saucepan; cook over low heat for 15 to 20 minutes. To test for doneness, insert a fork in a stalk portion. Cauliflower should still be slightly crisp, yet tender.

3. Turn cauliflower and cooking liquid into a colander placed in the sink. Drain well. Place cauliflower on a serving plate. Serve with a cheese sauce, lemon butter, buttered bread crumbs, or snipped parsley. Makes 4 servings. ■

Family Favorite
A rich and creamy taste experience for that special occasion.
Creamy Vegetable Medley
Prep Time: 10 min. • Cook Time: 25 min.
1 can (10 3/4 oz.) Campbell's® Condensed Golden Corn Soup
1/2 cup milk
1 bag (16 oz.) Birds Eye® Frozen Farm Fresh Mixtures Broccoli, Cauliflower, Carrots
1/2 cup shredded Cheddar cheese
1. In saucepan mix soup, milk and vegetables. Over medium heat, heat to a boil.
2. Cover and cook over low heat 15 min. or until vegetables are tender, stirring occasionally. Stir in cheese. Heat until cheese is melted. Serves 6.
BIRDS EYE
FARM FRESH MIXTURES
BROCCOLI, CAULIFLOWER & CARROTS
NO SALT ADDED
Campbell's
CONDENSED SOUP
GOLDEN CORN
A GREAT CREAM SOUP FULL OF CORN

CAULIFLOWER
it's Good so many ways
Sautéing News! Here's how to perk up left-over cauliflower with the famous golden-rich flavor of Best Foods or Hellmann's Real Mayonnaise: Mix 1 beaten egg, 1 tbs. water, ½ tsp. salt, and ¼ tsp. pepper. Dip flowerets in this mixture, then in bread crumbs. Pan-fry in Real Mayonnaise until brown. P. S. Good for other vegetables, too!

One of the staff's favorite recipes is Cauliflower Parmesan, a dish that the test kitchen staff made weekly.

CAULIFLOWER PARMESAN

- **1/4 cup packed seasoned bread crumbs**
- **1 head cauliflower, about 2-3/4 pounds, separated into equal-size flowerets (7 to 8 cups)**
- **1 26-ounce jar fat-free chunky marinara sauce**
- **2 cups shredded part-skim mozzarella cheese (1/2 pound)**
- **1/4 cup grated parmesan cheese**

Heat oven to 375 degrees. Scatter 2 tablespoons bread crumbs over bottom of an 11- by 7- by 1-1/2-inch baking pan. Top with half the cauliflower. Pour 1-1/2 cups marinara over cauliflower. Sprinkle 1 cup mozzarella cheese and remaining 2 tablespoons bread crumbs over sauce. Repeat layers, ending with mozzarella. Cover with foil.

Bake for 40 minutes. Remove foil. Sprinkle top with parmesan. Bake 15 minutes or until parmesan is melted and golden. Let stand 15 minutes before serving. Makes 6 servings.

Lean ground turkey and chopped mushrooms form the "meat" of these burgers.

Real French "Cauliflower Supreme"

RECIPE:

1 cauliflower
2 cups Hellmann's or Best Foods REAL Mayonnaise

Cook one perfect white cauliflower whole. Cool, then chill. Mask completely with Real Mayonnaise, place on crisp watercress. Surround with fresh or frozen cooked shrimp, hard-cooked eggs. Stud with black olives, capers.

Whole eggs . . .
freshly broken . . .
make **HELLMANN'S or BEST FOODS REAL MAYONNAISE**
smoother, tastier!

Best Foods® or Hellmann's® Real Mayonnaise is made with freshly-broken whole eggs, delicate fresh-pressed salad oil, choice vinegar and spices, extra egg yolks.

French-fried Cauliflower

Each floweret is dipped in a batter and French-fried golden brown and crusty. Really delicious—

1 large head cauliflower	1 tablespoon melted fat
1 egg, slightly beaten	1 cup enriched flour
1 cup milk	¼ teaspoon salt

Break cauliflower into flowerets. Cook in small amount of boiling water 5 minutes. Combine egg, milk, and fat; gradually add to sifted dry ingredients; beat smooth. Dip cauliflower into batter. Fry in deep, hot fat (375°) till golden brown. Takes 2 to 3 minutes. Salt to taste.

g.H. Jan '85

30-Minute Menu

Menu tips

If you find chicken browns too quickly in your broiler—even burns—"broil" it in an oven set at 450°F. To bring out the flavor of rosemary, crush it with your fingertips before adding to the other ingredients.

Rosemary Chicken Wings

4 tablespoons butter or margarine (½ stick)
2 tablespoons chopped parsley
2 teaspoons lemon juice
½ teaspoon rosemary, crushed
¼ teaspoon paprika
2½ pounds chicken wings (about 12)
salt
pepper

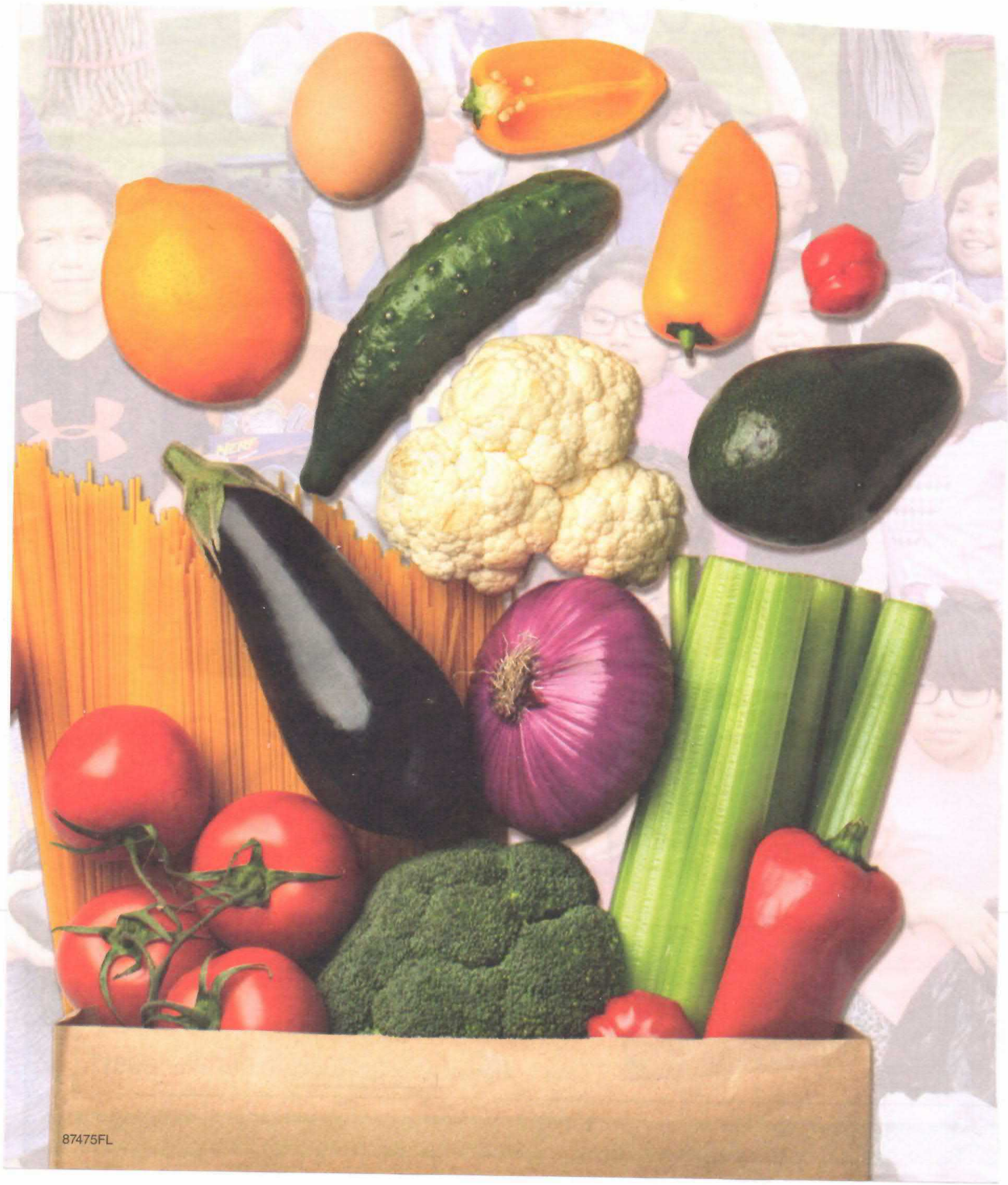
1. Preheat broiler if manufacturer directs. Meanwhile, in small saucepan over low heat, heat butter until melted. Stir in parsley, lemon juice, rosemary, and paprika.
2. Arrange chicken wings in broiling pan; brush with some butter mixture; sprinkle lightly with salt and pepper. About 7 to 9 inches from source of heat, broil chicken wings 10 minutes. Turn chicken wings; brush with remaining butter mixture; sprinkle with salt and pepper. Broil 10 minutes longer or until wings are tender; arrange in napkin-lined basket. Makes 4 servings. 400 calories per serving.

Zesty Cauliflower

1 small head cauliflower (about 2 pounds)
water
½ cup sour cream
¼ cup bottled chili sauce
1 tablespoon prepared mustard
¼ teaspoon salt

1. Separate cauliflower into flowerets. In 4-quart saucepan over high heat, in 1 inch boiling water, heat cauliflower to boiling. Reduce heat to medium-low; cover saucepan and cook cauliflower 5 to 10 minutes until tender. Drain.
2. Meanwhile, in small bowl, stir sour cream, chili sauce, mustard, and salt until blended.
3. When cauliflower is done, place cauliflower on platter; spoon sauce over cauliflower. Makes 4 servings. 140 calories per serving.

INSTITUTE/FOOD/VICTORIA SCOCOZZA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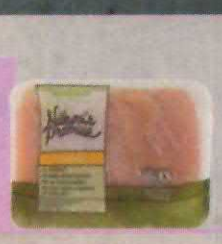
CHICKEN AND CAULIFLOWER CURRY

Serve this weeknight winner over microwavable rice



CHICKEN TENDERS
Cut 1 lb chicken breast tenders into thirds. Season with salt and pepper. In greased nonstick 12-inch skillet, cook chicken 5 min. on medium-high.

CURRY SAUCE
To skillet, add 1 (15 oz) jar korma curry sauce. Cook 10 min., stirring occasionally.

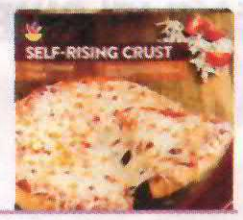
CAULIFLOWER
Add ½ (12 oz) pkg frozen cauliflower florets, thawed and drained. Cook 5 min., until chicken is cooked. Season with salt to taste.

GREEN ONIONS
Thinly slice 2 green onions.

ALMONDS
Garnish curry with ¼ cup sliced almonds, toasted, and green onions.

Find the full recipe on www.savoryonline.com

BREAKFAST PIZZA



1

FROZEN PIZZA
Heat oven to 425°F. Place 1 large frozen four cheese pizza on large parchment paper–lined baking sheet.

+

2

CANADIAN BACON
Chop 4 slices Canadian bacon and arrange on top of pizza.

+

3

FROZEN TOTS
Arrange ¼ (32 oz) pkg frozen potato tots all over pizza. Bake 15–20 min., until tots are golden.

+

4

EGGS
Crack 4 large eggs directly onto pizza, spacing evenly. Bake 6–8 min., until eggs are of desired doneness.

+

5

PARSLEY
Season eggs with salt and pepper. Garnish with 2 tbsp finely chopped parsley.

CHECK OUT THE VIDEO ONLINE

LIKE US ON FACEBOOK @SAVORYONLINE FOR MORE 5-INGREDIENT RECIPES AND VIDEOS

Find the full recipe on www.savoryonline.com

ILLUSTRATIONS: JOYCE KITCHELL

GETTING SENTIMENTAL OVER FOOD

A memory to savor is just a mouthful away

By Evan Jones

Years ago, one of our daughters came home for Thanksgiving on the firm condition that she be accepted as pledged-unto-death to eat the exclusively natural way. So I found a health-food store that provided, instead of a turkey, a rotund chicken fattened with no hint of chemical additives, along with some vegetables caringly produced by an organic farmer. When the meal was served the bird tasted like chicken, not some neutral-flavored fowl, and a heady aroma filled the air when its juices spurted. Not only was our exacting offspring satisfied, but my first bite transported me back in time—a surfeited palate was reawakened to the unmodified tastes of my childhood.

Food flavors often arouse forgotten moments of past eating—a quirk defined by the late James Beard as "taste memory." Beard linked taste memory to music's perfect pitch, but I think a more pervasive gift is manifested: Food is one of nostalgia's most frequent stimulants.

In this era of the ultimate packaged meal, it's easy enough to minimize vanished culinary comforts. But eating as one of life's greatest pleasures shouldn't be downgraded. What we all ate in the old days was "natural" as a matter of course. Birds of the farmyard fed themselves and nobody bothered to describe them as "free range."

The greatest nostalgia is for food characterized as most American. "I can taste-smell-hear-see and feel between my teeth the potato chips I ate slowly one November afternoon in 1936," M. F. K. Fisher recalled a couple of decades later. And just the other night, in similar wistfulness, a

continued

Evan Jones is the author of ***L.L. Bean's New New England Cookbook*** *(Random House) and a frequent contributor to* ***Food and Wine*** *magazine.*

drama critic and lifelong New Yorker exclaimed to gathered friends, "My God! Baked beans! I remember the breaking of that top crust and that aroma bursting out as the spoon went into the crock that had just come out of the oven!"

Simple, warming food seems often in recollection to be sealed by crustiness. Once, stopping in a Canadian snowstorm for a roadside lunch, I opted for the menu's Chicken Strata because I was reminded of a family winter staple called Cheese Strata. As a culinary term, strata was often applied by no-nonsense cooks to baked dishes constructed in layers.

Lots of people, I find in moving about the country, have cravings for colorful dishes that are spin-offs from substantial common-sense meals-in-one. For my money the American classic in this vein is Red Flannel Hash, a meal of such unaffected character that it's hard for a cook with a feeble understanding of hash itself to get it right. "You can't be out gallivanting until 5:30 P.M. and have a decent hash ready for 6 o'clock supper," is the way Yankee cooks may explain it.

One such cook wrote at length about her attitudes in a letter to a friend. "My corned beef hash is made from an old Maine recipe," she began. Her procedure calls for a well-greased skillet in which chopped onions are cooked until transparent. When ready, they are mixed with three cups of cooked corned beef, the same amount of cooked potatoes, a cup and a half of diced cooked beets, half a cup of cream, salt and freshly ground pepper. The thoroughly mixed vegetables and meat are pressed down in the greased skillet and cooked carefully for half an hour or more, over gentle heat so a firm crust forms on the bottom. A pancake turner is worked around the sides to loosen the hash then slid underneath without crumbling the cakelike mixture; the hash is folded over quickly as though it were an omelet and transferred to a heated platter.

A couple of important points underscore memories like this. Only recently have Americans embraced the idea that everything must be disposable; yesterday's cooks were dead set against waste—and since they valued leftovers, they were often creative in the kitchen. They were also modestly proud of the way they managed the tick of the clock. Rocking chairs in big farm kitchens weren't indulgent; they made it possible to knit and do other sedentary jobs while making sure a slowly melding hash developed a good crunchy bottom surface without burning.

For country people particularly, childhood remembrance is highlighted by changing seasons—and by the relishes and preserves that brought summer to a winter table. Nowadays, advances in agriculture keep many fresh vegetables and fruits in markets throughout the year. Yet the very variety available can lead a bored eater to revel in old-fashioned cooking pleasures.

I know a retired career woman who is so much a traditionalist that she celebrates this time of year by making succotash with beans and corn. She once told me that no Thanksgiving dinner in her life had been served to guests without succotash. And in recent years she has singled out special friends by giving them jars of her own homemade corn relish, dilly beans and sweet preserves.

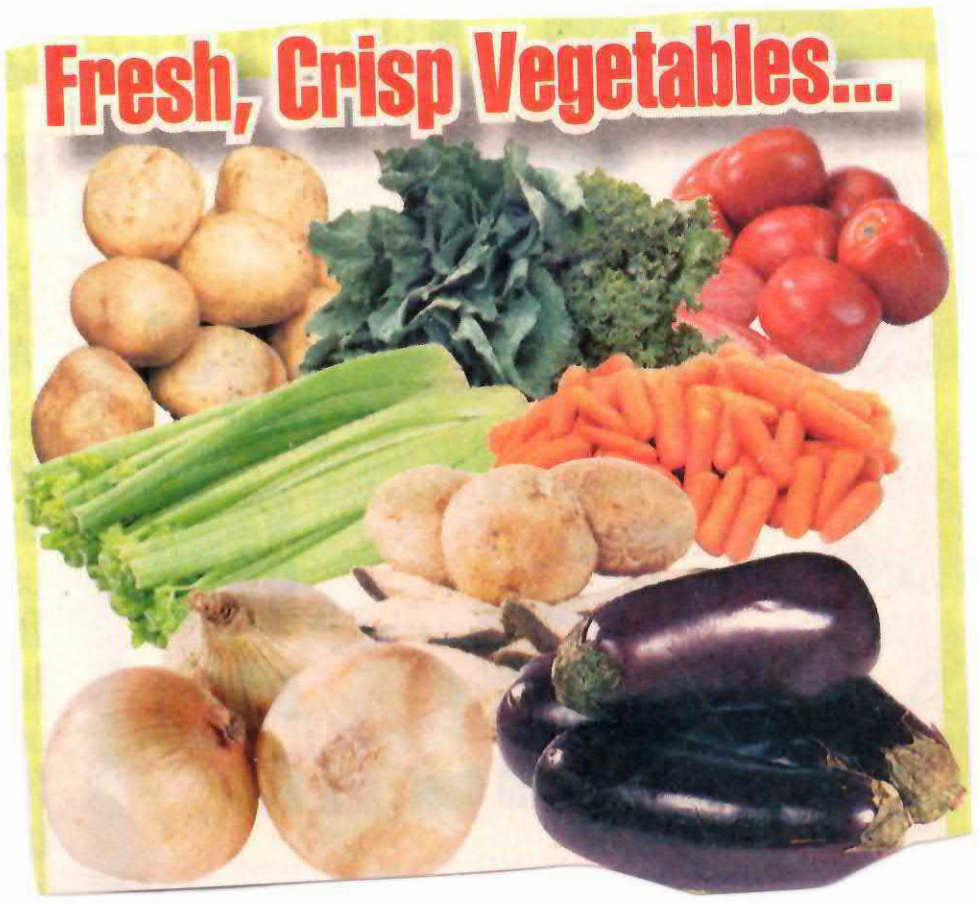
"Putting up" food is not a uniquely American tribal ritual, of course, but the individuality that distinguishes such efforts—whatever their ethnic derivations—can illumine dark winter days. My mother's career as a country newspaper editor kept her busy year round, yet there were Sunday afternoons when all of us gathered to help her make apple butter from a recipe she'd been given by a German cook in her own childhood. Open-minded as she was about many cooking styles, she seemed to have, as I look back on those Depression days, a particular bent for producing oddments that could be kept on pantry shelves and last until the next growing season.

A favorite family recipe was Codfish à la Mode. The freshened salt cod was flaked, mixed with fluffy mashed potatoes, cream, butter and beaten eggs, then baked. The seasoning that lifted this favorite supper dish out of the ordinary was ginger.

Along with other women of British heritage, Mother's showpiece was Yorkshire Pudding. Her rule, she sometimes said, was to "whip the whites of eggs to snow" before beating the yolks and "as much flour as they will take." When the roast beef was ready for its final basting, she lifted the meat out, made sure the drippings in the roasting pan were seething to the point of spatter, and poured the batter quickly into the bubbling fat to bake 10 minutes in a fierce oven. Then she turned down the heat, basted the savory pudding with pan juices, and let it cook until it was crisp, touched with brown, and puffy with air pockets.

Doughs that bake up quickly have recently been rediscovered. In a haphazard survey of my own, I've learned from a Minnesota cook that the breakfast bread of the moment is

POTATO CHIPS
BAKED BEANS
RED FLANNEL HASH
SUCCOTASH
COD FISH À LA MODE
YORKSHIRE PUDDING
NO ONE DOES MORE


Fresh, Crisp Vegetables...

Celery's not just for dieters

By Diane Savage
Copley News Service

Celery is a favorite vegetable with dieters, and no wonder — an 8-inch stalk provides a lot of crunch for just 5 calories. (A whole **pound** has only 85 calories, compared to a medium-size pear at around 110!)

Besides going easy on the calories, celery is also what dentists refer to as a "detergent" food. No, this doesn't mean that it **contains** detergent nor that it tastes like it, but that it **acts** as a detergent. Chewing crisp, crunchy foods which are low in carbohydrates, such as celery, can help to clean the teeth of lingering food particles. Pack a stick along with your lunch and munch it for dessert.

The leaves and stems of celery have little sugar or starch. Most of its bulk is made up of cellulose, which provides the fiber necessary for proper intestinal functioning.

Don't soak celery sticks in water to make them crispy. Instead, sprinkle with water, wrap in a damp cloth, and refrigerate. (Soaking in water can mean nutrient loss as water-soluble vitamins get leached out.)

Celery is also a favorite of vegetarians, since it adds just the right amount of crunch to any number of dishes. Cook celery just to the crisp-tender stage, as Oriental chefs do. Both taste and texture will remain at their peak.

For extra celery flavor add celery leaves or celery seed. The latter comes from a wild variety called "smallage," known for centuries in Mediterranean kitchens. Celery salt is made of the ground seed, mixed with table salt. This should not be used as a salt substitute in low-sodium diets, since it is really salt flavored with celery.

Celeriac is a variety of celery grown for its root. Its flavor is that of celery, but the texture is more like that of a turnip.

Whether you're on a diet or not, include celery in your meals for added flavor and texture. Following are several vegetarian recipes which feature this garden favorite:

SUPER-EASY CELERY SAUCE

1 cup celery, thinly sliced
2 tbsps. butter or margarine
1½ tbsps. flour
½ cup milk
½ cup vegetable stock or bouillon
½ tsp. dehydrated minced onion
1 tsp. chopped parsley
¼ tsp. salt
Dash white pepper

Saute the celery in butter or margarine; remove from heat. Stir in flour and blend well. Cook over medium-low heat, stirring constantly, for ½ minute, or until bubbly. Remove from heat and stir in remaining ingredients. Then cook 2 to 3 minutes longer, stirring often, until sauce is of medium thickness. Serve over croquettes or cooked vegetables. Makes 1¾ cups.

CREAM OF CELERY SOUP

4 cups celery chopped into 1-inch chunks
3 cups potatoes, chopped into 1-inch chunks
4 cups water
½ tsp. salt
3 tbsps. butter or margarine
1 cup minced onion
1 cup finely minced celery
Scant ¼ tsp. celery seed
Dash thyme
1 cup milk
½ cup sour cream
White pepper to taste

In a saucepan, bring to a boil the 4 cups celery, potatoes, water and salt. Cover, turn down heat and simmer until vegetables are soft. Let cool; puree in a blender, then place in a soup kettle. Melt the 3 tablespoons butter or margarine in a small fying pan. Add onion and saute over medium-low heat until translucent. Add celery, celery seed and thyme; saute until tender. Add this mixture to the soup kettle and simmer at low heat until warmed through. About 10 minutes before serving, whisk into the soup the milk and sour cream, warming gently over low heat. Sprinkle with white pepper to taste. Serves 4 to 6.

CELERY REMOULADE

3 medium-size celery stalks
1 small onion
1 cup mayonnaise
1½ tbsps. prepared Dijon mustard
Dash dill weed (about ¼ tsp.)
1 tsp. lemon juice
6 romaine lettuce leaves

Wash celery stalks. Cut off root ends and leaves, peel away stringy outer ribs, and mince inner ribs. In a large bowl, mix celery, onion, mayonnaise, Dijon mustard, dill weed and lemon juice. Place romaine lettuce leaves on 6 plates and top with celery mixture. Chill until ready to serve. Serves 6.

PREP CELERY AHEAD

Cut celery into sticks, submerge in water in an airtight container, and refrigerate. They'll stay crisp all week long, and anyone can grab a veggie snack when needed.

CRUNCHY SNACK

STUFFED CELERY STICKS

Trim **2 medium celery stalks.**

Spread **3 tbsp garden vegetable cream cheese** onto each celery stalk. Cut celery into 2-inch lengths.

Sprinkle **1 tbsp roasted unsalted sunflower seeds** over celery sticks.

Smart snacking

What makes a snack meal? Our combinations are always:

BETWEEN 200-300 CALORIES so you won't ruin your dinner

LOADED WITH PROTEIN and fiber to fill you up

CONVENIENT to take on the go or store until needed

ON THE GO

SWEET FLAMIN' CAJUN TRAIL MIX

If you love a bold mix of flavors and lots of crunch, try this trail mix. It's a sweet-and-spicy blend of butter toffee–coated peanuts, spicy peanuts, Cajun-spiced sesame sticks, and corn sticks. Natural ingredients like tomato, turmeric, and beet powder flavor and color the mix.

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Kids Often Balk When Confronting Vegetable

By CAROL FLINDERS

"What's that you're eating?" Rahda is two-year-old's companion, and she looked tinctly suspicious. She'd spotted me pull a der green leaf off one of the yellow-flow- d plants that grew all across the hillside l munch it appreciatively.

"It's a mustard green, Radha. Want to one?"

It was a long shot. Radha's lifelong in- e of chlorophyll hasn't been enough to tint atch of playdough green. But the situation s so unlike the dinner table — her parents re miles away after all, they need never w — and the heady feeling of spring in the must have made her feel daring.

"It's HOT . . . Can I have another? And ther . . . and another. I called a halt final- afraid her unaccustomed tummy would olt. But it made my day.

How to cultivate a taste for leafy green ff in little ones? It may surprise some to rn that just because a kid doesn't eat meat, doesn't necessarily flip out over vegeta- s.

Given that even vegetarian children 't always eat the cup and a half of vegeta- s nutritionists tell us they need each day, I make sure the ones they do eat are those 'high nutrient density." One bite of spin- , that is, is worth several of zucchini. A l-topped spear of broccoli beats half a nd of green beans, and so on.

Drawing on other vegetarian moms, here some strategies that work:

• Involve them in gardening. Kids are noisseurs. They don't have to be told how ch more flavor there is in a freshly picked nach leaf than a frozen one. Grazing as y go, they'll take in an unconscionable ount of herbiage. (The rule here is always ow Mommie first"; we actually found nlock one year!)

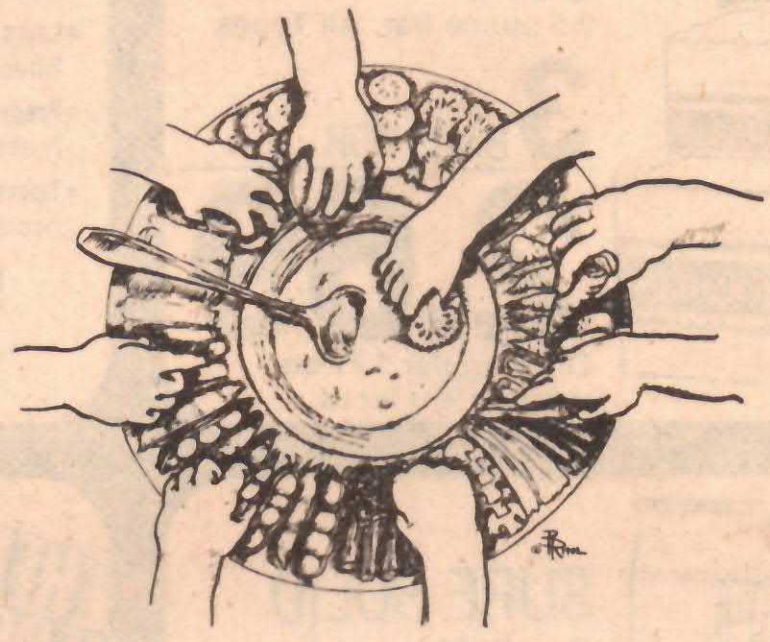
• Cooking too. Let them cut up their own ccoli trees and cauli-flowers and eat them if they'd rather. Encourage the practice h a zesty dip.

• Blend up cooked greens thoroughly creamy soups they can drink. If you're ng to use cream or butter or cheese ANY- re, this is surely the place — all in a good se.

LAUREL'S KITCHEN

• Think about frittatas, or quiches or patties stuffed full of greens. Most children really like eggs. If you, like me, want them to eat "some, but not too many," then use them as "carriers" for leafy greens. Better a span- akopita, made with maybe half an egg per person, then eggs sunnyside up.

• Wrap those leaves around something yummy. The following recipe has a Middle Eastern flavor and will remind you of Greek "dolmadas."



STUFFED CHARD LEAVES

16 large leaves of Swiss chard
1 onion, chopped
¼ cup oil
2½ cups cooked brown rice
1½ cups low-fat cottage cheese
1 egg, beaten
½ cup chopped parsley
¾ cup raisins
1 teaspoon dill weed
¾ teaspoon salt

Preheat oven to 350 F. Wash and dry chard leaves and remove stems. Saute o in oil. Add rice, cottage cheese, egg, par raisins, dill weed and salt. Mix togethe

Place 2 tablespoons of filling on ur side of each leaf, a third of the way fron bottom. Fold over the sides of the leaf and up into a square packet. Place seamside d in a greased casserole. Cover and bak about 30 minutes, or steam in a stea basket over boiling water until the leave tender, about 20 minutes. Makes 8 serv

SWISS CHARD MORNAY

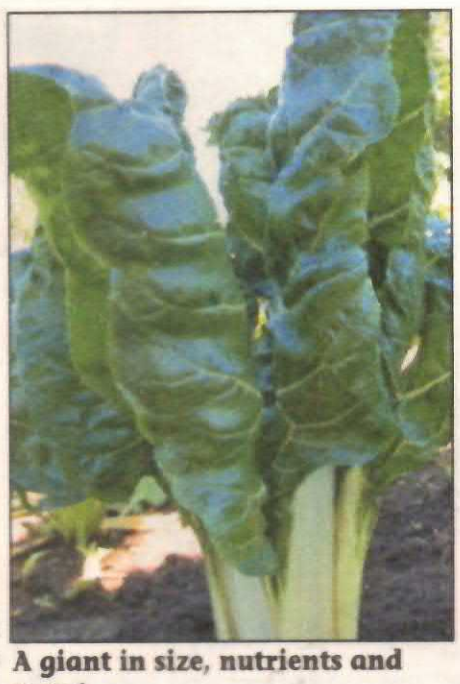
2 pounds Swiss chard
1 teaspoon salt
5 tablespoons butter
3 tablespoons flour
2 cups milk
¼ cup shredded Swiss cheese
¼ cup grated Parmesan cheese
¼ cup soft breadcrumbs

Wash chard well and drain. Cut off stalks and cut into 1-inch pieces. Coarsely chop leaves. Bring 1 inch water to boil in Dutch oven over high heat. Add chard stalks and ½ teaspoon salt. Reduce heat to medium and simmer, covered, 5 minutes. Stir in chopped chard leaves. Cover and cook 3 to 5 minutes longer, or until leaves are wilted and stalks tender. Drain well.

Melt 3 tablespoons butter in 2-quart saucepan over medium heat. Stir in flour and ½ teaspoon salt until smooth. Gradually stir in milk until smooth. Cook, stirring constantly, until mixture boils and thickens. Remove from heat.

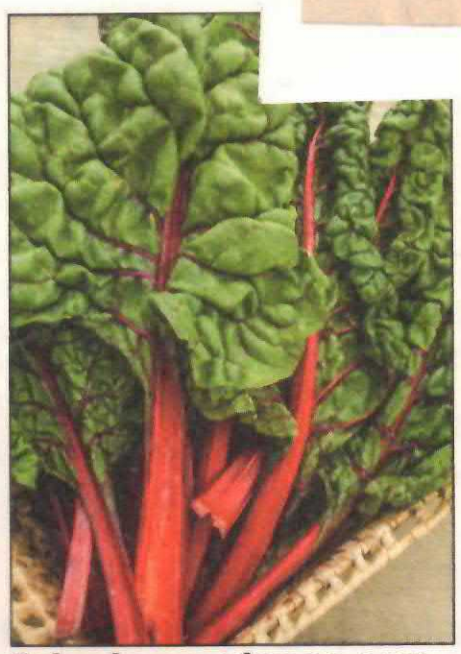
Stir in chard and cheeses, then turn into 2-quart casserole sprayed with non-stick coating spray. Top with breadcrumbs, dot with remaining 2 tablespoons butter and bake at 425 degrees 15 to 20 minutes or until bubbly. Makes 6 servings.

Note: Butter may be used to grease casserole, but this will add about 100 calories per tablespoon to dish.



A giant in size, nutrients and taste!

Organic Fordhook Giant Chard



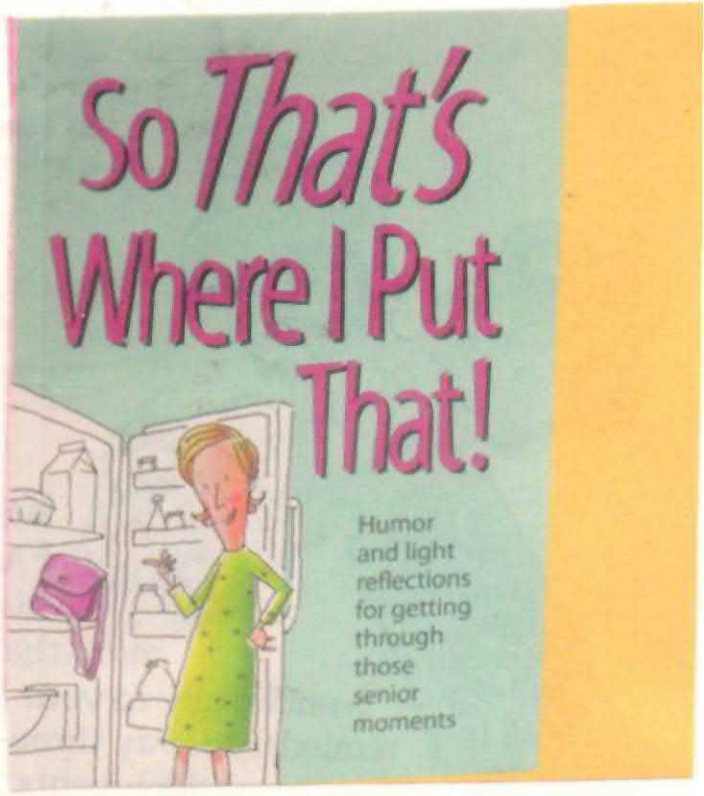
Red and green colors are a garden standout.

Organic Ruby Chard Salad Greens

Stalks are tasty cooked as asparagus and savoyed leaves can be used like spinach.

Organic Improved Rainbow Mix Swiss Chard

Add vibrant color to your



SWEET CORN

CORN

Don't Strip It ...

Dick Gotta's 50 acres of corn stand at attention in the midsummer sunlight washing this rolling hillside near the Connecticut River in Portland. The rows are even, perfectly spaced. The stalks are ramrod, swaying in unison as a breeze wafts through. The silence is stark. The serenity, palpable.

The contrast with what will befall these ears of corn once they hit the corn bin at Gotta's stand up the road — utterly mind boggling.

Gotta's defenseless corn will be poked, prodded, pinched, pulled apart and otherwise abused by summer corn gluttons who think they know what it takes to purchase the perfect ear of corn.

They don't have a clue.

"We prefer people don't open it at all," Gotta says of the folks who insist on stripping ears to the kernel to figure out whether to buy them, recalling a conversation between a man and a woman one day at the corn bin.

"He says, 'Why are you opening the corn?' " Gotta says. "And she says, 'I don't know. I see everyone else doing it.' "

When Gotta suggests you not manhandle his corn, you might want to pay heed. For starters, his family has been growing and selling corn more or less since the farm started in 1898, so figure they know what they're talking about.

Then there's the fact that he's a big guy — tall and strapping, with a ruddy sun-worked face, he sports field-worn jeans, work boots, a muscle T-shirt that says Harley-Davidson, and a tattoo on each of his upper arms.

He dwarfs the ear he grabs from the bin to demonstrate the proper corn-choosing technique.

"You can tell just by feeling the ear," he says handling it through the husk.

Gotta's method: The tip should feel trim. If it's soft and spongy, it's not mature enough. If the ear is really big, it may be overdone.

Look at the silk. It should be brown. If it's pinkish, and has some white, the corn isn't mature.

And for those who still insist on ripping apart corn looking for bugs, namely earworms, Gotta has you covered.

"Grab the silk and give it a gentle tug ," he says, his large hands holding the tuft at the top of the corn. If there's an earworm in there, the silk will pull right out." That's because the earworm eggs are laid at the base of the silk and eat it away.

And if you think Gotta gets a little agitated about selecting corn, you ought to hear him on the subject of cooking it: "You don't boil corn," he says just about spitting each word out and glaring through his now slitted eyes.

OK, we got that.

You steam it.

Yessir.

Which he does this way: Take the corn, which you absolutely, positively must refrigerate with the husks on the second you get it home, and at long last, you can peel it. Put it in a pan with about a half-inch of water. Cover it. Turn the burner on high. When the cover rattles, his words — roughly translated it means when it starts to boil hard — shut the burner off. Eat the rest of your dinner. When you're done, the corn will be ready.

Butter and salt.

It doesn't get much simpler. □

Jan Ellen Spiegel is assistant politics and government editor at The Courant, and a longtime food writer. You can contact her by e-mail at spiegel@courant.com.

Photographs by Shana Sureck

Dick Gotta, a fourth-generation Portland farmer, has some do's and don'ts for folks looking to select good ears of corn. One hint — look for brown silk. His son R.J. had his own testing method. Dick and his wife run a farm stand on Route 17 in Portland that they recently expanded to include a bakery with coffee and homemade breads and pies.

... And Whatever You Do, Don't Boil It

The purist way of cooking corn may be steaming, according to Dick Gotta, but he does own up to grilling corn every now and again. There are lots of ways to do it – husks on, husks off, silk off, soaked, not soaked, marinades galore. These ought to get you through corn season this year.

DICK GOTTA'S GRILLED CORN

Leaving the husks and silk intact, soak corn in salted water for about an hour. Place on hot grill. When husks start to burn, it's done.

THE MORE-OR-LESS MARTHA STEWART METHOD

Carefully open up the husks without removing them from the cob. Remove the silk underneath. Remove one husk from the outside. Pull the still-attached husks down and use the removed husk (which you can cut in half lengthwise if it's too wide) to tie the other husks together away from the corn. You can use the pulled-back husks as a handle for turning and eating. You cook the corn directly on the grill, with or without a marinade. The whole husk thing is prettier than it is functional.

A variation would be to use the removed husk to tie the husks back in place. You can brush the kernels with marinade first. Or tie it all back together and soak it before grilling. Or don't soak it before grilling and get a more roasted taste.

THE MARINADE METHOD

The principle is to fashion a marinade to brush on corn kernels, which you might want to do to keep the corn moist if you're placing it directly on the grill. Remove husks and silk, brush with marinade and grill, brushing frequently. You don't want corn to burn or shrivel up.

As for the marinade itself, you are limited only by your imagination. Some basic ideas: Orange juice mixed with a touch of oil – corn oil is a logical one – and chili powder or flakes to taste.

Instead of the chili powder, try chopped garlic.

Use Newman's Own Family Recipe Italian salad dressing, straight or cut with any kind of juice.

Or just use juice – apple is a good one. Rub with a bit of cut garlic when it's done. Or don't. □

USE LEFT-OVERS THIS WAY

Many left over vegetables take on a new character and improved flavor when reheated by deep fat frying.

Cooked cauliflower, asparagus and carrot strips are grand when dipped in beaten egg, rolled in crumbs and fried in deep vegetable shortening quickly.

Other vegetables, such as squash, green peas and carrots, may be pureed, formed into croquettes and fried.

Scalloped Corn and Olives

1 small green pepper
2 tablespoons butter
2 tablespoons flour
1 teaspoon salt
¼ teaspoon paprika
¼ teaspoon mustard
Few grains cayenne
½ cup milk
1 cup canned corn
1 egg yolk
½ cup dried bread.
1 tablespoon butter
2-3 cup buttered cracker crumbs
Sliced olives

Wipe pepper, cut in halves lengthwise, and remove seeds. Cut in thin strips, and strips in halves, crosswise. Cook pepper, onion and butter 5 minutes, stirring constantly. Add flour, mixed with seasonings, and stir until well blended.

Add milk gradually, while stirring constantly. Stir and bring yolk and bread broken in small pieces and cooked with 1 tablespoon butter until well browned. Add sliced olives. Turn into buttered baking dish, cover with buttered crumbs, and bake in hot oven (400 degrees F.) until crumbs are brown.